AMERICAN FOUNDATION FOR THE BLIND INC.

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# FROM MONS TO 1933

*By the same Author*

A PLACE AMONG MEN

THE FEET IN RELATION TO HEALTH

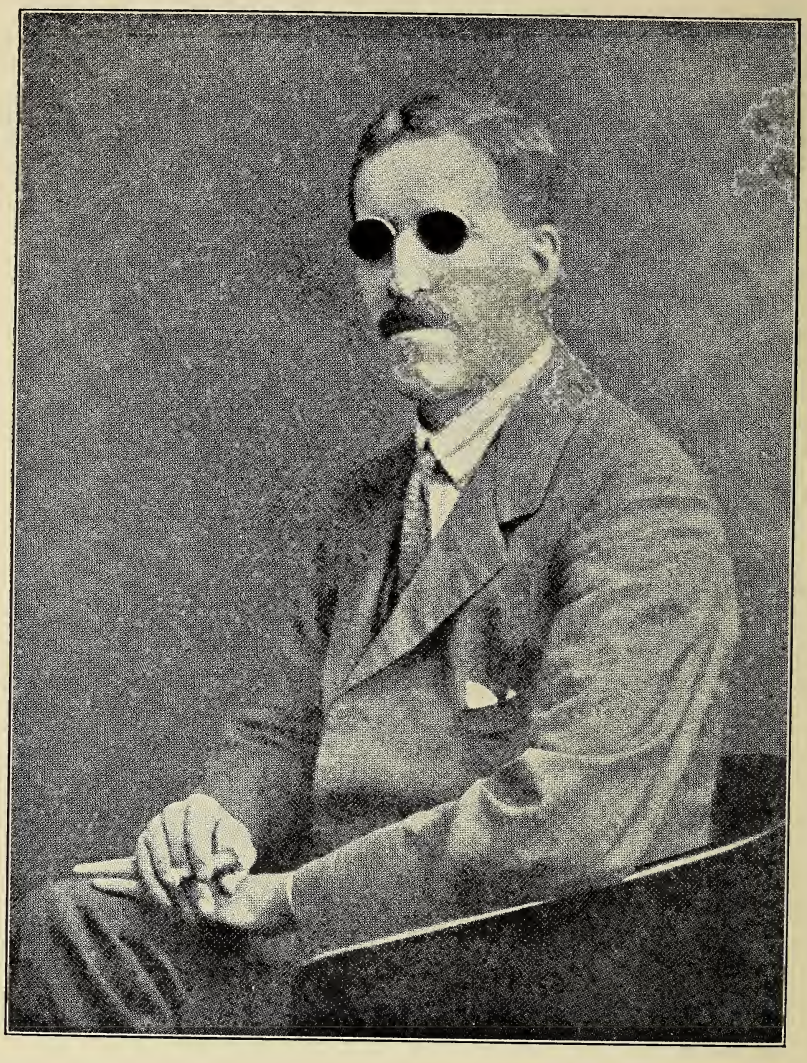

PLATE I.—THE AUTHOR.

[*Frontispiece.*

# FROM MONS TO 1933

By

CAPTAIN GERALD LOWRY
F.R.G.S.

With Forewords by

THE RT. HON. LORD AMPTHILL

AND

FIELD-MARSHAL VISCOUNT ALLENBY
G.C.B.

PUBLISHED FOR THE AUTHOR BY
SIMPKIN MARSHALL, LTD.
STATIONERS' HALL COURT, LONDON, E.C.4

HV2335
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*First published July, 1933*
*Reprinted August, 1933*
*Reprinted December, 1934*

PRINTED IN GREAT BRITAIN BY THE WHITEFRIARS PRESS LTD.
LONDON AND TONBRIDGE

# FOREWORD

It has done me good to read this book and I am sure that everybody who reads it will derive similar benefit. Without hesitation I recommend the book to every grown-up person for there is nobody who would not gain some advantage from having read it.

Who would think that a blind man could teach us all how to enjoy life to the full? Most of us imagine that life is hardly worth living for those who have lost their sight and are thus deprived of the greatest and most constant of all pleasures. The delight of beholding things of beauty in nature or in art, in motion or at rest, is not denied to the most wretched of human beings who has got eyes to see. Even for those unhappy ones who dwell in the darkest slums of our great cities there is something to please the eye, such as a glimpse of the blue sky, or the twinkling stars at night, or the countless objects of interest in the broader thoroughfares of the city, or the grace and beauty of birds, and beasts and flowers occasionally seen. But none of these hourly joys, so it would seem, are for those who have been deprived of the light of day and have to live in perpetual darkness.

Captain Gerald Lowry shows us how the unconquerable soul that God has implanted in every human body can triumph over the terrible affliction of blindness and rise to the height of affording an example of cheerfulness, contentment and usefulness in life to those who are not handicapped by any disability.

I am, therefore, not exaggerating when I say that there is nobody to whom the reading of this book will not do some good.

The title may perhaps deter a good many who think that they have had enough books about the War, but let them read the first few pages and they will soon see that this is a different kind of war book to any other that they have read. Firstly, it is the unaffected and unvarnished story of an ordinary Regimental Officer whose soldiering ceased absolutely from the moment that he got the bullet through both temples which destroyed his eyesight but strangely enough, did not kill him instantly.

The story is further remarkable as an effort of memory, unassisted by anything written or seen, but highly developed by enforced and inordinate use. Those who are struck blind are, of course, obliged to rely upon their memory for ideas of the shape and size and colour of every object in their proximity and of everything that is going on. It is on account of Captain Lowry's sharpened memory that his account of the retreat from Mons is so peculiarly vivid and interesting.

But let those who cannot bear to hear about the War skip the first chapter, if they will, and they will still find it well worth their while to read the rest of the book. They will go back to the first chapter before they have read many pages.

It is not waste of time for anybody to learn what can be done by strength of mind, courage and faith in God. On the contrary, it is a wholesome example for all those who give way to despondency and discontent as most of us are apt to do.

To those who believe that we can all cultivate a power of spiritual discernment the book will have peculiar interest, for, although he does not say so, it is evident that Captain Lowry's inspiration in the choice of his new career was not due to the guidance of any human being.

The greater part of the book is a treatise on Osteopathy pleasantly interwoven with virile and sensible discourse on the " Key to health and happiness."

I say again that there is nobody to whom it is not well

worth while to read what Captain Lowry has to say on these matters.

I myself am a firm believer in Osteopathy. Captain Lowry cured me of painful sciatica after I " had suffered many things of many physicians and was nothing bettered, but rather grew worse." He, and other Osteopaths, worked similar cures on several members of my family and many friends and persons known to me. Seeing is believing when it comes to the relief of pain and the restoration to working order of parts of the mechanism of the human body which have got out of alignment. Those who drive motors know how a small mechanical defect, such as a piston-rod which is out of the true, can upset the whole running of the car and even bring it to a standstill. In such cases it is useless to apply a chemical remedy, such as an alteration of the " mixture " ; the only way to get the trouble righted is to employ a skilled fitter who knows how to bring about the infinitesimal readjustment of the steel parts that is required. The analogy holds good with the mechanism of the human body, which is, after all, the most wonderful thing in existence and cannot be fully understood by any one set of experts. It is certain that that mechanism needs a periodical " overhaul " just as much as any machine made by human hands.

It is, however, a fact that in this country there are far too few people who know anything about osteopathy, and it is high time that some knowledge of the subject should be spread. Captain Lowry's book serves that purpose in a manner which is both unique and pleasantly interesting.

I have not seen Captain Lowry sailing his boat, or riding a horse, or ski-running, but I know that he does do all those things, which is very wonderful. I have, however, seen him boxing and swimming and doing gymnastics, and I have also seen how he can travel about the country unaccompanied.

Not the least refreshing part about this book is the unaffected and boyish pride with which the writer

alludes to these athletic accomplishments and tells of the genuine delight they are to him. May he have many years of his present health, happiness and beneficent usefulness to his fellow-creatures.

AMPTHILL.

Oakley House,
Bedford,
*31st May, 1933.*

# FOREWORD

" Out of the night that covers me
Black as the pit from pole to pole
I thank whatever Gods may be
For my unconquerable soul."

THESE well-known lines of W. E. Henley's might have been inspired by the author of this book. His is, in truth, an unconquerable soul ; and from the night that covers him, he has sent a message of help and counsel to those who, standing in the Light, yet need guidance to clearer vision.

In Chapter I., whose title is " The Retreat from Mons," Captain Lowry introduces us to the early days of the Campaign in 1914 ; and tells how darkness fell upon his young life, and how he took his first brave step towards beginning life all over again.

His career, since then, has been devoted to the benefit of others, through the science of Osteopathy. This book describes its art and practice : and explains its importance—in fact, its indispensability—for the maintenance in good condition of mind and body.

We are taught to know ourselves ; how to keep the bodily machine in good working order ; in short, how to acquire Health and Happiness by scientific—yet simple and easy—methods.

The Osteopath is not a bone-setter. He combines science with commonsense ; and has, by continued research and study, brought practically every disease into the scope of his activities.

The supreme importance of the spine, as the nerve centre, is recognised. By skilled manipulation it is kept in correct alignment and adjustment, and thus, the nerves

which control the arteries are stimulated or relaxed as required, blood pressure is reduced, heart and lungs are maintained in sound condition, and Nature is aided in her efforts for the well-being of each organ in the system.

The book deserves to be widely read and thoughtfully studied. I, personally, owe to the author a great debt of gratitude ; and those who read what is written and who follow the advice given will have reason to be equally grateful with me.

Captain Lowry has found the Key to Health and Happiness : he has unlocked the Doors, and has thrown them open that all may enter.

ALLENBY, F.M.

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# FROM MONS TO 1933

## INTRODUCTION

## A KEY TO HEALTH AND HAPPINESS

MUCH has been said of that remarkable " Sixth Sense " which is supposed to develop in those deprived of sight or other important physical faculties. But I, who speak from experience, do not regard this as either extraordinary or even as an extra or acquired gift. For example, the peculiar sense of touch, or pressure, noticeable in the blind, which may appear uncanny to some, is not an extra gift bestowed by way of compensation, but merely a development of an otherwise neglected instinct : a sensitiveness which, after the loss of some other natural faculty, is brought more generally into play, and increases in value the more it is exercised. The degree of sensibility it is possible to attain by developing this dormant sense depends upon the determination of the person in whom it is awakened. I cannot make this too clear, for unfortunately there are some who, in the shock of their great loss, cannot appreciate the value of compensations in other directions, and, numbed or misguided, fail to develop this satisfying " sixth sense " which would make their lives well worth the living.

That this sense is natural can be demonstrated by two examples. At home we generally run up and down stairs without counting the steps, and yet rarely fail instinctively to recognise, even in the dark, the top or bottom of the flight ; in a strange house, with a greater or lesser number of steps, on the other hand, we often give ourselves sudden shocks by missing a step, or by

kicking against a step upon which we have not been used to treading. In the same way, those who are sufficiently sensitive or intelligent, when crossing a darkened room, " feel " the nearness of a wall or any large object ; and, similarly, in a wood, some instinct helps us to avoid striking our heads upon the boles of trees.

In the blind, this " sense "—a term we must use for lack of a better—becomes more acute, and is by some cultivated and developed to such a degree, that it appears to those with sight as a miraculous gift which has descended upon the blind man as a compensation. This is true up to a point, but the best cannot be extracted from such compensations except by great and mental application, and by the toning up of the nervous system—in other words, by keeping oneself healthy and fit.

In such a condition, reactions become rapid and more definite, and it is owing to this that I have trained myself to get as much, if not more, pleasure out of sport as I did in the days when I possessed my sight.

To-day, for example, I have taught myself to swim and dive, and have increased my speed in running, far more than before Fate deprived me of what is considered the greatest gift of man, sight. In addition, I am able to box, by the sense of pressure—atmospheric pressure, if you like—caused and varied by the presence of my opponent and his movements : to the latter I react immediately, sometimes so quickly that I am able to deliver a very unexpected punch. So also, when swimming at the Bath Club, I " feel " my approach to the end of the bath almost to an inch.

In other words, what I am endeavouring to convey is that the possession of sight compels most people to depend upon it, rather than upon the definite sense of touch or of proximity which is within us all : and that, once such sight has been lost, Nature brings into play gifts which we have always possessed, but of whose existence we were in ignorance.

Those who soldiered in the Old Army before the War

will remember that a large part of their training consisted in Night Operations, in order to accustom and teach officers and men to manœuvre across strange and difficult country on pitch-dark nights. At first it was immensely difficult, and one blundered into holes, fell over hedges, and generally behaved as if totally blinded. After a few exercises of this kind, however, one cultivated to some degree a sense of touch, which one was perhaps apt to put down to increased power of vision, until such time as bodies of troops were able to travel across rough country for ten to twelve miles on the darkest of nights without losing direction or suffering casualties.

Perhaps it was this experience in pre-war days, combined with the training of my first Adjutant, now Colonel J. L. Sleeman, C.M.G., C.B.E., M.V.O., who never permitted the least excuse for neglect of duty or for abandoning an enterprise which was possible, that made me, early in my blindness, develop within myself the determination to conquer my difficulty as well as I was able. It was not easy, for blindness caused in a fraction of a second when in the prime of youth must necessarily cause a tremendous mental shock. But the struggle in those early days of darkness to find a way out produced compensations in the shape of great mental uplift, which was later on added to by the deep satisfaction of the profession I have embraced, bringing, as it does, the power to do good to my fellow-men.

It was not a question of sitting in a chair and forming mental resolutions to be happy, but of determining to forget that I was blind, and developing the inward "sight" by throwing myself into all possible forms of vigorous mental and physical exercise, which both kept my mind and body fit, and developed in their turn the senses which need to be abnormally acute if they are to compensate for the loss of one's sight. And I hope I shall not be thought egotistical if I say that the gratification derived from the feeling that I can be of real use in the world by bringing aid to sufferers and relief to the

stricken has given me a new understanding of life and a great joy in its living.

I have, indeed, been so amply compensated for my "bit" in the Great War, and have derived so much benefit from the work to which my hands have been directed, that I am constrained to write this book, in the hope that it will prove of help to others.

Of one thing I am quite convinced, and that is, that 50 per cent. of people are suffering from conditions which should never have been produced, and which are readily remediable by the right methods of treatment. The Key to Health can only turn in a lock consisting of a will to be physically and mentally fit. Given this, in the great majority of cases it will unlock the door to a life free from pain and worry, and filled with greater happiness than has perhaps ever been experienced before.

G. L.

London, *April*, 1933.

## CHAPTER I

## THE RETREAT FROM MONS

SINCE the Great War, the world has been flooded with a mass of literature dealing with the many sides of modern warfare, and particularly that side which represents its bestial horror and its misery. No one who has experienced modern mechanised slaughter, which has taken the place of the ancient chivalry of arms, will desire to dispute its wretchedness, or look forward to a repetition of 1914. I fear, however, that the sorrow and misery endured during those four terrible years will not deter young men from marching to war again, for male combativeness, or the desire to measure strength against strength, cannot be eradicated, neither has it been submerged by the dreadful check that the spirit of martial ardour then sustained. The Great War proved at least one thing: that is, what a vital thing patriotism is, and also that, although the trappings and pageantry of war have been superseded by machinery, much of the ancient glamour and appeal still remains. And when the call to arms sounded on August 4th, 1914, I can recollect with what exhilaration those upon whom the burden of war would first fall, felt the anticipatory honour of engaging in combat with a powerful enemy and in defence of a country so dear to them.

As a lieutenant in the Special Reserve of the Royal Irish Rifles, there was every prospect of my being left behind in England when the Regular Battalion proceeded to France; but I used every endeavour to overcome this, with the result that I was fortunate enough to be selected to proceed on active service with the 2nd Battalion of the Royal Irish Rifles.

Our last days in England were spoilt by the inoculation for the prevention of enteric, which we all had to suffer. Minor as the prick of the little needle appeared at the time, it became a very major matter the next morning; and as the day advanced we felt so miserable that neither food nor drink appealed to us.

Meanwhile, the mobilisation had been carried forward with wonderful smoothness, and the British Expeditionary Force was completed for active service in record time to the last button.

It was an amazing sight to see the Reserves of the Regiment, some of whom had returned to the Colours after years of civilian life, as thrilled with the prospect of active service as the youngest soldier.

It was a very happy day to all when the orders definitely arrived to entrain for the front, on August 13th, and I shall never forget the cheering groups as our train passed through the beautiful English countryside on that August day of 1914—alas! the last sight for most of the "Old Contemptibles" of the land they loved so well and would be called upon to fight for so hardly.

Eventually we arrived at Southampton, and the embarkation proceeded as smoothly as the mobilisation, and from thence across the Channel our journey proved so uneventful owing to the careful arrangements made by the British Navy that we completely forgot the existence of the German High Seas Fleet. We arrived at Havre early on the morning of August 14th, and, as we entered its harbour, the first thing I remember seeing was an extremely pretty French girl waving to us on the quay. This so stimulated the troops aboard that they started singing *The Marseillaise*, really a wonderful sight, for our men climbed the rigging and successfully mutilated this magnificent national anthem at the tops of their voices. To our chagrin, we were not allowed to land, and the transport proceeded to Rouen, where we disembarked and encamped on the high ground overlooking the town.

The following day the Battalion was paraded to receive

the inspiring message sent over by the Commander-in-Chief, Lord Kitchener, the moral effect of which increased the warlike spirit which had been growing steadily in the heart of every officer and man since the first call to arms.

That evening I visited Rouen in company with some brother officers, and had the good fortune to meet the officers of a French regiment, who joined us at dinner. It proved a hilarious evening, and we dined so well and drank so many toasts in our mutual admiration of each other that our Gallic comrades started to talk English with an Irish accent, and we in turn expressed ourselves in extraordinary French. The trouble came when our dinner party ended, for our comrades in arms insisted upon escorting us back to camp, creating such a turmoil in the process that we had great difficulty in preventing the guard from arresting the lot of us !

The following day we entrained for the front, and the survivors of the First British Expeditionary Force will surely never forget that wonderful journey north, while our train stopped at every station and we were swamped with gifts, ranging from bouquets of flowers to tins of sardines, with our engine festooned with a garland of beautiful blossom.

On August 17th we concentrated at Marbaix, where we remained for three days in magnificent weather, and being most hospitably entertained by the French. Our brigade then advanced a further day's march, and we bivouacked in an orchard near St. Hilaire ; on the 21st we proceeded on to Avesne. Here we saluted the French flag flying over the City Hall in memory of the action a century before when the British had occupied this little town as enemies. It was extraordinary to credit that we were representatives of the same country, who had come to France to support the country we had then been fighting. Little did we realise that day that the brave French people who cheered us and were so generously hospitable would in a few short hours be flying before our common foe, or that we—fight as we

might—would have to retire before the mighty German advance.

The next day, August 22nd, we continued our march, and passed through the fortress of Maubeuge, halting that night with outposts well in advance. On the eventful Sunday of August 23rd we again continued our advance with every precaution. The information we received caused us often to deploy and re-form on the road. It was delightful to us all to feel that we were so soon to come to grips with an enemy who for years had been stressing its superiority and might, and the spirits of all ranks of the British Expeditionary Force were immensely high.

Our first sight of war came at 11 a.m., when some riderless horses of our cavalry galloped through us, which we found out afterwards were the remains of a squadron of the 9th Lancers, who had heroically charged some German guns and suffered heavily in the process.

At 12 noon we arrived at the village of St. Wasst, Mons, taking cover in a sunken road, where we waited in a blazing hot sun, listening to the steady boom of guns and waiting patiently for orders. My feelings at this time were mixed, for I had never been under fire before, and felt far more afraid of being afraid than of being killed. It was an anxious time for all, and we were glad when orders arrived at last, by medium of a staff officer in a motor car, which caused us to fall in and double up a steepish road running at right angles to our left. Presently we gained the summit of the hill we had been ascending and, turning to the right, lined a ditch which ran along the side of the road. From here we were able to look down the valley below, and saw, to our great amazement, as far as the eye could see, a teeming mass of German soldiers advancing with parade-ground efficiency. It was a thrilling introduction to an enemy we were destined to fight for four years ; but we had little time for reflection, and opened fire at 800 yards range, with both rifle and machine-gun. The "mad minute," by which name was known the British Army's

PLATE 2.—THE AUTHOR PLAYING BRIDGE.

[*To face p.* 8.

standard of musketry efficiency, which compelled every soldier to fire fifteen rounds a minute with great accuracy, at last showed its enormous value, for from each of our soldiers poured a stream of bullets into the advancing horde, who literally shivered with the shock and melted away line by line beneath our gaze. The enemy's artillery had not as yet succeeded in finding our position ; and we attempted in the brief intervals which were allowed us to improve our only cover by the aid of the entrenching tool which, fortunately, every soldier carried, a tool which was to prove a veritable lifebuoy to the B.E.F. during the earlier days of the Great War. Excellent as the accuracy of our riflemen was, and deadly as their fire became, it failed to stem the German weight of attack, and countless lines of their infantry moved steadily towards us over the bodies of those we had killed and wounded, displaying both superb discipline and bravery and also the utterly reckless manner with which the higher commands of the German Army regarded human life. For the days of bitterness are fortunately over, and we can afford to say to-day that, whatever feelings we had towards the German troops, they could never be accused of showing lack of courage or of discipline.

All the afternoon the German infantry came on, line after line as far as the eye could see, with a superb courage until, with our rifles almost red hot and our men tired with ceaseless firing, they succeeded in approaching to within 200 yards of our line. The German losses had been terrible, for our infantrymen had been accustomed to shoot with accuracy up to 1,000 yards, and our Army had never anticipated that an enemy could be found who would sacrifice life in such profusion and be so well supplied with both artillery and gun ammunition. I can never think of those days now without remembering the ceaseless crackle of rifles along the British line, and the wonderful spirit of our soldiers notwithstanding that they must have appreciated that we were up against a

mighty proposition. The enemy at one time came so close that we fixed bayonets in preparation for an assault, but before it could be delivered our fire had taken such terrible toll that the surviving assailants retired before cold steel could be resorted to.

All this while the German artillery had been gradually finding our position, and, just before darkness came, it became thoroughly unpleasant. The day had, however, ended successfully for us, for we had succeeded in stemming the advance which was intended to be overwhelming, against an enemy far better prepared than we were with artillery of every kind, and it was with bitter feelings that my regiment received orders to retire at midnight ; however, it is a soldier's duty to obey, and we appreciated that the higher command had better information than we possessed, and that we were in for a real emergency or engagement at daybreak when we were ordered to throw away our greatcoats in order to lighten the heavy weight our soldiers were compelled to carry. Looking back, one realises that the fighting soldier was heavily handicapped by the great weight of his equipment.

The two succeeding days of the retreat from Mons, August 24th and 25th, were occupied in deploying, taking up a position for a few hours, obliterating ourselves by the aid of our life-saving entrenching tools, holding up the enemy and then making off again. It was practically continuous movement and fighting, with less than three hours' rest in the twenty-four ; and as we had not seen our transport for three days, we existed on what we could pick up at farms and villages. On Wednesday, August 26th, we advanced towards Coudry village at Le Cateau, delighted to be once again going the right way, as we had had enough of retreating, and wanted to stand and fight. Most of our brigade took up a position on the south side of Coudry, and my company of the Royal Irish Rifles and one of the Worcestershire Regiment entered the village, driving before us the Uhlans who

occupied it with our fixed bayonets. The French inhabitants were marvellous, opening their doors and handing food and wine out to us, though a few minutes later the German guns shelled the village heavily. The pluck of the French had to be seen to be credited. As we were passing through the square we were told that the Brigadier and his Brigade-Major were to be found in a certain building on the other side, which, as it was being pointed out to us, was struck by a shell with such a violent effect that it looked very much as though they had been removed to another hemisphere. Fortunately this was not so, and we received orders which required us to double until we reached a road commanding the approaches to the town. As we lay on our "tummies" upon this, I saw to my dismay that we were within 100 yards of a gasometer so large in size that it seemed certain that it must be hit by any shells that missed us, with disastrous effect. However, as the day wore on it became clear that it bore a charmed life, for, although the enemy simply poured shells of all sizes into the town from three sides, this gasometer remained unhit, although the brave inhabitants suffered terribly. I have known more pleasant times, and was not sorry when, towards 3 o'clock, an officer stuck his head out of a drain and ordered us to retire as quickly as possible, neglecting to mention, however, where we were to retire to. As we passed back through the town, I found a much-perturbed staff officer endeavouring to direct operations in the square, who said he knew nothing about our orders, so with what few men I had remaining I proceeded into the blue and hoped for the best. When clear of the town we could see no sign of our army, so I led my small command towards where I could see shells falling thickest, until, reaching rising ground, we saw some British soldiers closing in on the road and, after a long double, joined them. This we found was a brigade retreating as quickly as it possibly could go. Imagination must fail to picture the mess and confusion which resulted, for both

artillery and infantry had converged on one small road, few were with their own regiments, whilst all were tired. We all wondered why the Germans had not taken advantage of this opportunity to pursue, and what their artillery were doing, but afterwards found that one of our " heavies " had kept in action until 5 o'clock, directing its fire so well that the Germans had not entered Coudry until three hours after we had left. We continued the retreat until four in the morning, a walking nightmare. One used to joke about walking in one's sleep, but after that march I have never seen anything funny about it. Often one would suddenly come to and realise that one was two companies behind, and stagger on to regain position through the straggling fours of exhausted men. It proved one of the most exhausting nights of the retreat from Mons, and, after failing to get billets at Ham, when the battalion at last halted, I remember falling flat on my face on two prone figures lying in the road, which later proved to be the Colonel and the Adjutant. Neither they nor I cared a button for this indignity, so I rolled over and slept too. By this time we were all utterly exhausted by our superhuman efforts, our men were strewn along the road for miles, and we had long since lost our transport ! A very gallant stand had been made by Major Charley and the Captain and Quartermaster Clarke to save the transport, who, when surrounded, gave the thirteen men under their command all the ammunition they could find, 750 rounds each, and for some hours held up the attack. They killed many of the enemy before they were eventually enfiladed and practically every man killed or wounded. Naturally, the loss of this transport very considerably increased the hardships of our retreat.

After three hours' sleep we fell in and continued the retreat, literally crawling into Gouy that night, so footsore and weary that we were past caring what happened. The regiment halted at a school-house, and I was sent to find billets for the officers in my company. I had seen

a pleasant-looking farmhouse when entering the village, so went there first, to find myself most hospitably received and a hostess who insisted on giving me the biggest omelette I have ever seen, washed down with good French cognac—the nectar of the gods this seemed at that time. This rapid transition from misery to plenty made the world seem like heaven, and I forgot my poor feet and the existence of the Germans, and returned to my regiment to announce what an excellent billet I had found for my brother officers. When I reached the school-house there was no sign of them, and, assuming that they had found billets for themselves, I gladly returned alone to my haven. On parading in the village, as ordered, at 2 a.m., I found to my horror that the regiment had paraded earlier in the evening and departed at once. As the place was full of troops, I merely said "*tant pis*" and reported to the adjutant of another regiment, which, having suffered heavy losses, was glad to have me, and off we started. When the mist cleared about 10 a.m., a mounted officer told me that my own brigade was moving a mile away parallel to us, so I said good-bye to my new friends, and set off across country to join my own lot. Ploughing along with aching feet and tired limbs, I presently discovered that the brigade was not one mile away, but at least five, and found myself at last in the rear of the retreat with the cavalry. As I trudged along I saw, huddled round the remains of camp fires, little groups of exhausted soldiers whom I ordered to fall in until I had collected quite a respectable little party, and later on caught up a machine-gun detachment of the regiment. Next I met three staff officers directing the traffic at a crossroad and, saluting, reported myself as "Machine-gun Royal Irish Rifles and stragglers." I was ordered to proceed immediately, and when well out of sight I halted my temporary "army" of fifty, and told them to rejoin their many regiments. I then proceeded to slip quietly and unostentatiously into my own, fortunately rejoining immediately prior to

a German attack, which occupied the attention of all and prevented awkward questions.

So the retreat continued day after day, deploying at intervals, getting such good cover with the aid of our entrenching tools that the Germans suffered heavily from our rifle fire and never knew where it came from. Except for the exhaustion, it was really splendid fighting, combining as it did rapidity of movement with the maximum effect on the enemy, and the spirit of all ranks remained magnificently high throughout the time. In fact, the temptation throughout was not to retire in time, but to hang on to positions for too long a period—for all ranks of the B.E.F. appreciated their individual superiority over the enemy in training, musketry and general efficiency, and resented very deeply having to give way to mechanical and numerical superiority.

In these last two days before reaching the forest of Crecy, the German advance had ceased to trouble us in any way, and we were saved the sad and familiar spectacle of families flying before the German hordes, carrying what they could save of their lares and penates with them, for it had proved a heart-breaking sight.

We bivouacked in the forest, and how delightful it was to get cover from the broiling sun ! Here I found a pond, and it did not take me many minutes to get into it, swimming about and feeling delightfully happy, until suddenly roused by the crack of a gun and something whizzing past my head. I got out quicker than I got in, to find a French farmer highly amused, shooting a duck or two "*pour Monsieur le Commandant*"—a comic interlude in a great tragedy.

To our great joy, the following morning we advanced towards the enemy. It had been very difficult to deal with the men, as for some time, like the officers—though we did not say so—they felt enraged at always being ordered to retire, as since Le Cateau we had not been permitted to have a really good biff at "Jerry." This was the turning point of the retreat and, following on with the

general advance, we crossed the Marne, taking many German prisoners—fine men, magnificently equipped, and of good stature and physique.

That night we bivouacked for four hours only, continuing the heavy fighting at daybreak, which continued all day. Sunday found us on the south side of the River Aisne, and at the crack of dawn on Monday we were the first regiment of our brigade to move down to the river, our orders being to cross and carry the high ground commanding the bridge. *En route* we managed to obtain fair cover up to the bridge, which we found knocked to pieces by the German artillery ; our engineers had, however, fixed a plank across, and we proceeded to cross this narrow roadway in single file under heavy artilleryfire, deploying as we reached the other side into open order, and advancing up the steep hill-side beyond. It was not before we had got three companies across that the German gunners ended any further attempt on that bridge, impossible in the dark, and the river swollen with the carcases of horses. We had a splendid fight that day, taking the hill and the wood on its summit before evening.

This position was at the Maison Rouge farm, for we had crossed the river at the village of Hervilly.

Our flank here swung round into a wood, and we lined a bank fronting a stubble field which led upward at a gentle slope to the village of Condé, which both commanded the hill we occupied and the river below.

The following morning the colonel, wishing to make sure whether we were up against the main body of the enemy and whether they were entrenched, ordered two companies to attack, including my own. There was practically no cover, and the ground was hard and bare, so we proceeded by short rushes, reminiscent of pre-war days in the O.T.C. The Germans were, however, waiting for us, and when we got to within a few hundred yards of their line they opened a perfect hail of machine-gun and rifle fire and shrapnel—a veritable tornado of flying, shrieking metal, well directed. Part of the com-

pany on our left got into the first line of German trenches, but we were ultimately compelled to retire, as it was obvious that not only were the Germans dug in, but were in full force. Captain Bowen Coulthurst, who commanded this reconnaissance, was badly wounded in this assault, whilst two officers were killed and half the men killed or wounded; the machine-gun and shrapnel played havoc among us as we were getting back across the open valley. Major Soutry, who commanded my company, had been hit the day before, and Captain Durant, who had succeeded him, was found to be missing upon our return.

The Germans continued to shell the hill and wood which the battalion occupied, so heavily, that it was impossible for some hours to move, and it was not till towards dusk that we found Durant lying badly wounded near a haystack some hundred yards to our front. He had been visited by some German officers, who had treated him courteously.

In the days following there was no question as to what the Germans intended, as they attacked us continually, and their artillery was amazing in the way that they got on to our positions.

Here again the entrenching tool proved of immense value, as we still had no picks or shovels, and entrenching was made most difficult owing to the trees and their roots.

Throughout my experiences of the retreat from Mons I have repeatedly referred to the immense value of the entrenching tool carried by every fighting soldier of the British Expeditionary Force, because it was largely owing to our possessing it that our Army succeeded in escaping from catastrophe. Few fighting soldiers survived the retreat who did not owe their safety to the entrenching tool, which formed the only means of obtaining cover from the hail of fire directed against hastily-selected positions of defence. For the heavier picks and shovels were few in number, and impossible to

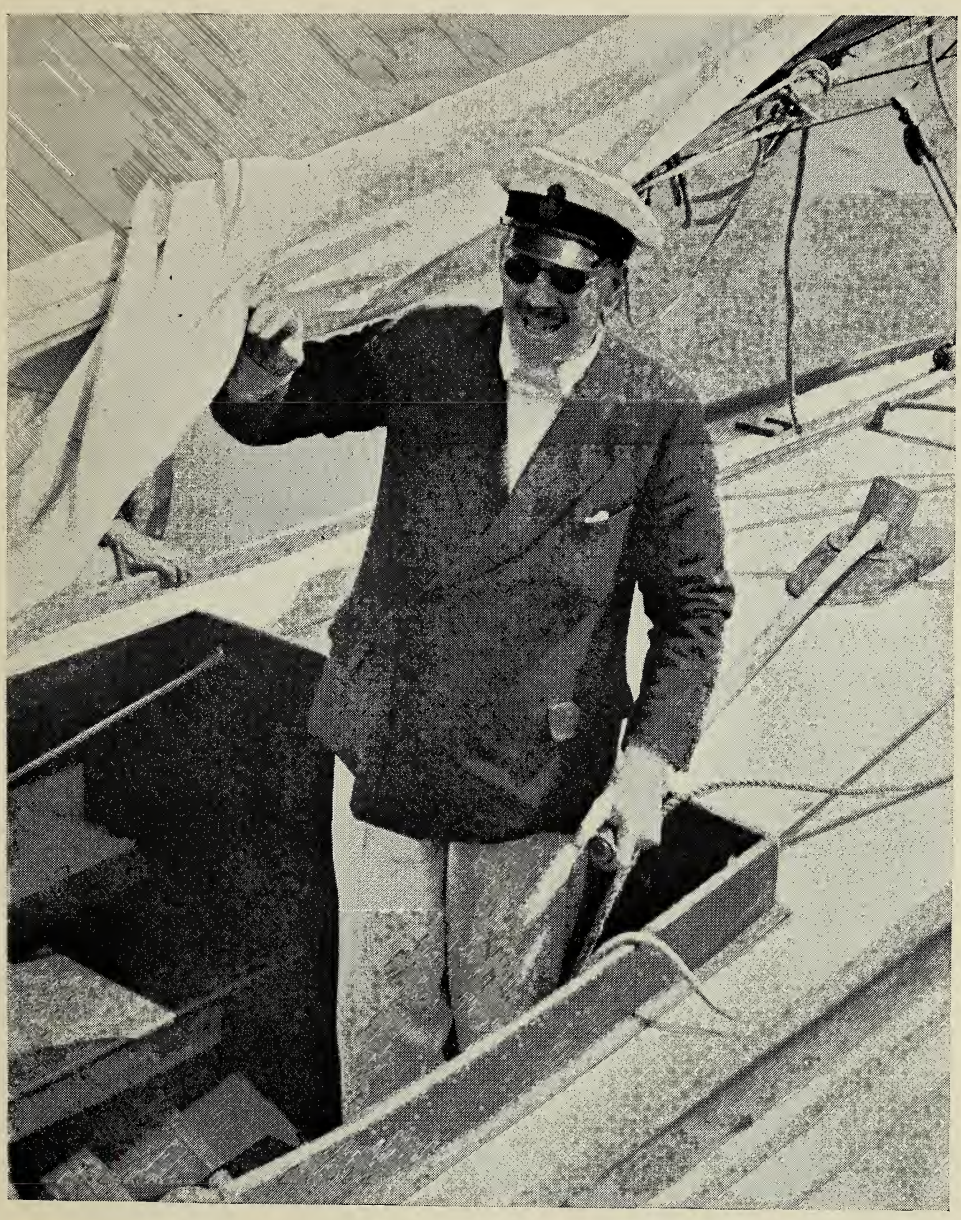


PLATE 3.—THE AUTHOR STEERING HIS YACHT.

[*To face p.* 16.

either obtain or to issue. My attention had been directed to the entrenching tool before the Great War, for I had had the privilege of serving under an Adjutant, Captain Sleeman,[1] who had been responsible for the adoption of this entrenching tool, following a long series of experiments which he had conducted at the request of Lord Kitchener in India. Knowing its real value, he was an enthusiast regarding the tool he had been responsible for introducing to the British Army. On the other hand, we officers in embryo, as we then were, were inclined to regard each article of equipment, other than rifle and bayonet, from the standpoint of personal convenience, with the result that his entrenching tool, and its inventor, came in for a great deal of abuse.

Nothing, however, perturbed him, for his faith in the entrenching tool was immense, and his contention was always that, without one, the fighting soldier at close quarters would be rapidly put out of action, and that it was useless to teach men to shoot well if we did not also give them the means of keeping alive when under fire.

Scoff as we might, and did, in pre-war days, Colonel Sleeman was right, for his prognostication that heavier tools would be unprocurable in the earlier stages of modern war proved correct, and his entrenching tool was second only to the rifles in holding back the Germanic hordes in the retreat from Mons and after. And every fighting " Old Contemptible " alive to-day who stood in that thin khaki line of 1914 owes a deep debt of gratitude to Colonel Sleeman.

Perhaps because of my blindness in 1914, the recollection of the early fighting of the Great War is fresher in my mind than it can be to those fortunate enough to have survived the years of trench warfare which followed—a period when a permanent line of defence enabled picks and shovels and all the paraphernalia for a state of siege to be supplied in lavish quantities. Else, I am utterly at

[1] Now Colonel J. L. Sleeman, C.M.G., C.B.E., M.V.O., Commander 160th (South Wales) Brigade.

a loss to account for the fact that this entrenching tool has now been abolished. For although no longer able to study military books, I assume that the next war will be ushered in by open fighting, and this will once again see the fighting soldier entirely dependent upon what he is able to carry, unless warfare has undergone a complete transformation since those eventful days before I was blinded, and when I was able to see the entrenching tool saving the lives of invaluable officers and other ranks who would otherwise most certainly have joined the great majority.

On the following Sunday morning, a lovely day, we heard music from the German lines and thought that "Jerry" was going to church, but within a few minutes he started one of the most deadly attacks he had made on our line. His music was ever a prelude to "frightfulness." We were short of ammunition, with no artillery to speak of, and many rifles were difficult to handle as we had had no oil for days and it was impossible to use them for rapid fire. However, we managed to get bayonets fixed, though in many cases this was difficult owing to the dirt, and kept our fire until the enemy were right upon us. We beat them off after four hours of the very best of hard fighting, but at a sad loss to our regiment of 200 officers and men—a company of the Worcesters which had been brought up in support also suffering heavily. It is of interest to state that we found from the officer in charge of the transport in the village of Hervilly that, no matter where the transport moved, the enemy artillery immediately ranged upon it with extreme accuracy. This we knew to be due to our lines being interwoven with spies—four German soldiers in uniform, indeed, being caught about this time on the Paris side of the Aisne; these were found secreted in a well-concealed dugout which was fully equipped with telephonic communications with both their own forces and also spy centres in this area.

Day succeeded day of heavy ding-dong fighting, until my splendid regiment was so sadly depleted that only

six officers and 200 men were left of the original battalion which had sailed for France but a few weeks earlier.

We were accordingly taken out of the fighting line and sent back to billets at a small village near Braime, where officers and drafts from England joined us. We were not, however, to be allowed to rest for long, for, two days later, we started a march towards the left flank of the British Expeditionary Force, marching by night and resting by day, until we were able to entrain in cattle trucks and travel *viâ* Amiens to Perne, where we detrained. From here we travelled all night in motor vans, and next morning found ourselves once again toiling along on our flat feet, my battalion being advance guard to the brigade, until we bumped into the enemy once again about Neuve Chapelle.

Whatever the magnitude of operations, minor incidents are always inclined to portray themselves on one's memory, and I shall ever remember an incident which took place in a village we were holding, which was being heavily shelled. Most of us were lying flat to escape the hail of metal directed upon us, when a battery of artillery drew up in the narrow street I was in, and one of the gunners—as if halting in the peaceful surroundings of an English countryside—seized the opportunity of taking off his jacket and, sticking up a small mirror on a limber, proceeded to calmly shave himself—a foolish but certainly brave sight !

From here we again succeeded in driving back the enemy in the direction of Lille, getting only a few hours' rest by night.

Throughout the retreat from Mons, and after, I had gone on the principle of sustaining my resisting power by obtaining and eating food wherever possible, and without attention to regular hours for meals which were, of course, quite impossible. This I had found to be most satisfactory, and I had as companion of my gastronomical indulgences a sergeant of my platoon. Between us it was

seldom that we failed to manage to obtain one good hot meal a day, often not until after midnight, but welcome nevertheless. On this occasion I still look back with pleasure to sitting with this loyal and brave comrade, enjoying a most excellent fowl in the shelter of a farm-house only a short distance from the firing line, which was being subjected to intense artillery fire. Hunger is indeed a powerful corrective of fear !

During this period of fighting we had many unpleasant times, not the least of which was an occasion when we had to advance through Neuve Chapelle in a dense fog, which made it utterly impossible to see more than a foot in front. At such times imagination is apt to run riot ; fortunately all went well on this occasion.

Finally, by dint of heavy fighting, we eventually succeeded in obtaining possession of the Ridge, and great was our chagrin when we received orders to retire from it by night and to return to Neuve Chapelle. Here we found that trenches had been prepared for our occupation —the first real trenches we had been in since coming to France, and the prelude to that long period of trench warfare which was to follow. But it was not to prove a pleasant sojourn from the storm, for Antwerp had now fallen, and enabled the Germans to bring down enormous concentrations of troops formerly occupied in that area, with the result that things became unpleasantly lively, and the enemy's artillery especially so. In front, portions of thick wood ran up to within 200 yards of our trenches, making our position difficult to hold, and enabling the enemy to mass under effective cover and deliver attack after attack. Woefully short of both guns and gun ammunition, with but two machine-guns per battalion compared to the Germans' sixteen, minus "Minni-werfers" and trench mortars, bombs and many other implements and weapons of trench warfare possessed by an enemy who had anticipated it, we had all our work cut out to resist these attacks.

Fortunately, nothing has yet been invented which

could daunt the spirit of the British soldier; and even in the darkest moments his spirits always rose the higher.

Without adequate communication trenches, and minus the necessary heavy picks and shovels, the greatest difficulty was experienced in getting our wounded away; but we were occupying part of a village and succeeded in converting the cellar of a large house into a suitable Aid Post. The owner of this was a surly brute, generally going about scowling and muttering in his shaggy beard, and after some days of this fighting, and when the rest of the village was reduced to chaos by the enemy shell-fire, we were surprised to notice that this house remained comparatively unhit. This seemed more than a curious coincidence, so an officer of my battalion searched it thoroughly, eventually finding a room in which a secret telephone was installed. Upon lifting its receiver, the N.C.O. who had accompanied him was immediately answered *in German.* We now appreciated why the enemy's information had proved so accurate, and the owner of this house—his surliness replaced by pallid fear—was tried and sentenced to be shot. Within twenty-four hours of this sentence being carried into effect this house was shelled to pieces.

By now, October, our numbers were still so few, and our trench line so disconnected that it was possible for parties of the enemy to get through, although most who did so were killed or captured. We were now without reserves, and the stagnation of trench warfare under such conditions made us all long for the infinitely more pleasant open fighting which we had experienced at the start of the campaign. All the same, although the enemy were possessed of far superior strength and had ample supplies of arms and munitions, against which we could only feebly retort by comparison, on looking back what surprises me most is that it never seemed to occur to us for a moment that we were not holding up the Germans quite easily—this notwithstanding our heavy

casualties—for the enemy never seemed able to drive home his attacks successfully.

Among my brother officers was one, Vivian Rea, who was an old friend of O.T.C. days, and who had joined us on the Aisne. This was a curious coincidence, for we had been commissioned to two different regiments, yet found ourselves soldiering together at such an interesting and critical time. Many a talk of happier days had Rea and I during the lulls between the German attacks, and how greatly did I admire his pluck and character. Poor fellow ! he was to be fatally wounded—four hours after me—and died in the cellar I was to occupy before I was removed. A very gallant gentleman.

From Mons to now I had seemed to have borne a charmed life, for I had escaped without a scratch. And when, in the grey light of early dawn of October 26th, 1914, I looked over the parapet towards the German lines, I little thought that it was the last sight of God's earth I was destined to see. And ever will live in my memory that view of woodland and country, so instantly ended by a blow on the head which stunned me temporarily, although I did not fall.

From the shelter of one of the bits of wood I mentioned a German sniper had succeeded in hitting me through the head, his bullet entering the temple behind the left eye and exiting by the opposite temple, destroying *en route* the optic nerve, but not damaging the eyes themselves. I stood wondering what had happened in my dazed state, and should have been hit again had not my men pulled me down under cover. Here I heard them passing word along that I was hit, but I did not, curiously enough, imagine for a moment that I was blinded, although one would naturally assume that this would have been the first thought of one plunged from light into total darkness. It was only, indeed, after my men had pulled me down under cover and started to bandage my head that I succumbed to the blow and lost consciousness. But for the quickness of my rescuers I could not have

survived, for it was a time when we had neither the men nor the opportunity to strengthen our trenches, and most of the wounded hit that day were killed before they could get back to cover. By some miracle, they succeeded in getting me back to a cellar full of dead and wounded, where I came to and recognised the voice of the doctor, who was a personal friend. Not realising how seriously I had been wounded, I asked him in joke whether he was returning with me to London ; and his sorrow was intense, for he told me afterwards he did not think I could possibly survive. I knew nothing more until I came to temporarily, just before boarding the hospital ship for England, to hear a voice say the depressing words : "Well, we will let him go, although I don't think he can live." This so enraged me that I tried to get off the stretcher to remonstrate, but once again lost consciousness.

I came to again when in the ambulance travelling across London and dictated a perfectly accurate and intelligent telegram to my family, although a few minutes later I relapsed into a state of coma, and knew nothing more of the journey or of my entering the hospital doors of 17 Park Lane. Only seventeen years later, in fact when I was writing this book, did I have the good fortune to meet, quite accidentally, the nursing sister to whom I dictated this telegram—now Dr. Lumsden—who told me that she had the very greatest difficulty in calming me, when I found that I had no money and objected to accepting a shilling from her.

So ended the most interesting, indeed fascinating, period of my life. Thank God that the last duty of my eyes was to witness the splendid gallantry of the British soldier, and the wonderful courage of a great people.

Unconsciousness prevailed during my first operation, when—owing to the skill and care of Sir Arnold Lawson—my eyes, though not my sight, were saved in addition to my life. Some little time later followed a second operation, which I remember vaguely. The most amazing

thing to me was that, throughout this period of dawning consciousness, I never realised that I had lost my sight—that I was, in other words, blind—a thing which to any normal person is the greatest tragedy which could befall a human being. This is still inexplicable to me, but it was a fact.

After the hardships of the campaign my first fortnight in hospital was indeed a delightful comfort, and the quiet and rest and comfort made the fact that my head was bandaged up of small consequence, for I had naturally expected that the time would come when the bandages would be removed and I should find myself again able to see all the pleasant things of life. But while my conscious mind was apparently anæsthetising itself with this hope, the subconscious mind was adapting itself to circumstances ; for when the bandages were lifted and my eyes tested by a powerful lamp which proved my sight to be entirely destroyed, I cannot honestly say that I was as much upset as one would expect to be—the subconscious mind supplying me instantly with the power to accept a condition I could not remedy, and pointing out the futility of indulging in sentimental regrets. And I imagine this is one of the great compensations that Nature supplies to the blind, which makes them as a body one of the most naturally cheerful one could meet. But how often since have I seen within my memory that debatable land which lies at the end of the village of Neuve Chapelle, with the belts of wood and the open ground beyond it, which constitutes my last vision of things earthly.

I will pass over the days which followed, during which I had to combat many spells of mental suffering—until I had the good fortune to meet that great friend of the blind, the late Sir Arthur Pearson, who came to see me in November, 1914. At his suggestion I started to learn the typewriter, and I shall never forget my joy at finding it possible to learn the use of this and to be able to communicate with my friends. For my mental suffering was

not so much the knowledge that I had lost my sight as the dread of becoming entirely dependent upon others for the whole of the rest of my future life. This was indeed my first real step towards beginning life all over again, for I now definitely decided to scrap all reflections upon what I could have done had I possessed my sight, and to make my own way in the world, if that were possible.

In these resolutions I was encouraged and comforted by a visit from their Majesties the King and Queen, who, by their genuine sympathy and thoughtfulness, did much to cheer and brighten things.

What handicapped me most was the feeling of impenetrableness in the blackness around me. This was at first both stultifying and dreadful, but as my strength, mental and physical, returned, the interests of my new life became more and more absorbing, especially so when I commenced to realise how the brain, developing and exercising other senses, quickened, as it seemed, all my perceptions and enabled me, as it were, to visualise things about me. This proceeded to such a degree that, as time went on, there became a gradual lessening of the sensations of blindness, so that when sitting in a room, instead of feeling that earlier weight of darkness, I found a quite normal, natural feeling developed. This arose from my mental ability to sum up the atmosphere of the room and the position of the windows, the door, the mantelpiece and the furniture—showing that the visualisative centre of the brain was becoming readjusted and was acting without the mirror of the eyes. Another sense was commencing to slowly develop, although it was not strong enough for some months to be of any real value—and that is what the blind call the "Sixth Sense," or sense of pressure, which I have spoken about in my Introduction—which enables the blind to know instinctively when they are in the proximity of large articles of furniture or other obstacles. Now I have developed this sense to such a degree that it has become subconscious; and on arrival in a strange house or hotel I only have to be shown the

way up to my bedroom and the other public rooms to instinctively gain a grasp of my surroundings, and once having done this I can find my way about without any difficulty—being able to run up and down the stairs as fast as ever as in the days when I possessed my sight.

As I have already said, this "Sixth Sense" actually appears to be a revivification of a dormant sense which, in most of those who possess their sight, is allowed to atrophy —perhaps a refinement of the sense of touch, although I think it is something more than this. If I dwell upon this important sense it is because it is the greatest compensation possible to the blind, for it is not merely an increased delicacy of touch, or greater acuteness in the other senses, but it actually enables those deprived of their sight to feel within themselves that they are on terms of equality with their more fortunate fellow-men. That I make this clear is because I often feel it is unkind to be too actively sympathetic to blindness, for it is better to let a blind man feel that he is not different from other people, and to preserve his sense of dignity by letting him be self-sufficient and independent.

To a man possessed of sight there can be nothing more degrading than to fall into idleness and to rely upon public charity for sustenance, and so, with a blind man or woman, it is temptingly easy to make this condition an excuse for not developing one's powers, knowing that public sympathy will provide the necessities of life without mental or physical effort. But my contention is, that by accepting such charity, a blind man of any character deprives himself of the joy of independence and the happiness and dignity which is far more than anything which charity can provide. I will go further, and say that it is my considered opinion that if a blind man can attain to a state of independence he can be as happy as any person possessed of sight, and become quite as useful a member of society, providing he engages in that work which both interests him and does something to benefit humanity.

## CHAPTER II

## PICKING UP LOST THREADS

I BECAME so definite in my view that I should be unable to readjust my life were I to mingle with people who would show me too much sentimental sympathy that, upon leaving hospital during the Christmas of 1914, I thought it wise to avoid my relatives as far as possible, and was fortunate enough to be the guest of Sir Beach Towse, V.C., and Lady Towse, at Long Meadow, Goring—his life being a magnificent example of triumph over blindness caused by wounds in the South African War. I shall always consider this one of the wisest steps I took, and owe them both a deep debt of gratitude for the manner in which they helped and guided me during those first weeks after leaving hospital. For not only did their experienced counsel mean much to me, but Towse's wonderful fight since losing his sight proved the finest tonic that any blind man could have possibly wished for.

From there I went to stay with the late Sir Arthur Pearson, who also emphasised the fact that the sooner I regained my strength and decided on my future career the better and the happier I should be.

This desire for useful occupation was later intensified by a visit to Cannes in March, 1915, during which the embarrassing kindness I met from the many people with whom I came into contact, all anxious to help me, presented me with a dreadful vision of the old-fashioned idea of a blind man being an object of distressing sympathy. The combination of the experienced advice of these two blind heroes, and my misguided, if sentimental, friends, made me determined to engage in a profession which would enable me to depend entirely upon myself, and do

work of a nature which would help me to be of real value and service in the world and give a dignity of labour which would enable me to hold up my head amongst my fellow-men. For, after vice, there is nothing like useless idleness to make a man feel contemptible.

Inspired with this idea I returned to England, where St. Dunstan's—that magnificent "Lighthouse" for the war-blinded which has brought rays to illuminate the souls of many hundreds of men otherwise doomed to despair—had just been opened. I took up the study of massage there for the sake of doing something useful. The work proved both interesting and agreeable, and a year later I had the satisfaction of qualifying in the Institute Examination of Chartered Societies as a masseur, being the first blind man from St. Dunstan's to do so. I was immediately given an appointment on the staff of the Middlesex Hospital; but before commencing my duties there I had decided that the line I was following offered such great facilities for healing that I would pursue it still further, and I therefore entered St. Thomas's Hospital for a second year's training; following which I commenced my practical work at the Middlesex Hospital.

Without wishing to be considered egotistical, it was at this period that I first commenced to feel that I possessed a certain power to soothe my patients, and that, not only was the work full of interest to me, but that Nature had provided me with the gift of being able to help those I treated in no ordinary manner. This power I have developed during the many years which have elapsed since my days at the Middlesex Hospital, and I have now discovered it to be a special gift only possessed by a few, and one impossible to acquire. That I state this is because I would like to show that Providence had directed that I should engage in the branch of work for which my talents were best suited.

Those early years of struggle were not easy ones; at times, indeed, they were hard and depressing, but one of the maxims that helped me greatly was one I heard that

great genius, Sir Arthur Pearson, say to a blinded officer : " My dear fellow, believe me, when you lose your sight it is not a question of what you like or do not like ; it is a matter of making up your mind to like a thing, and to do it." This advice stuck in my memory throughout those days of trial, not only in my work, but when mastering both indoor and outdoor games. Fortunately my life-long habit of taking hard exercise came to my aid, and I found my first real relaxation in swimming—taking advantage of the generous hospitality that the Bath Club had extended to the officers of St. Dunstan's, to use its fine gymnasium and swimming bath. It will take me long to forget the first few times I entered the water, both through the sense of extreme cold and of being utterly lost—for to men suddenly deprived of sight, as we were, the principal sensation is always that of falling, as if one were plunging through the darkness of the Unknown—a feeling that passes off as the brain readjusts itself, until one feels almost completely normal.

If the joy of hard exercise means much to those who possess their sight, it means so very much more, both mentally and physically, to a healthy blind man for finding, as he does, the relaxation so essential to both welfare and happiness. And I should be lacking in gratitude if I did not place on record how much I owe to the generosity of the Bath Club, and to the courtesy and kindness of Mr. Wilson Taylor and his staff, and of all those members with whom I came in contact. For it was there that I very considerably improved my swimming ; and it was in this gymnasium that I learnt to use the punch ball and to box. Neither shall I forget how, when I was hard at work on the punch ball one day, H.R.H. the Prince of Wales saw me, and, learning that I was blind, in his customary and wonderfully kindly way sent for me, and was gracious enough to congratulate me upon " getting a move on."

I improved my swimming so much during this period that I ultimately had the good fortune to establish a

record for the blind by winning the Bath Club Members' Handicap of Fifty Yards against all comers, and I repeated this success in the following year. There were four swimmers in each heat, and in the final heat I was swimming number one—that is to say, with the side of the bath directly on my right hand. Number two, the competitor from whom I had most to fear, was on my left. I got off well, and was feeling quite confident when I reached the point where I had to turn for the final lap of twenty-five yards. To my dismay I here felt someone touch me, and thinking that my rival was passing me I received such a stimulus that, as one of the spectators observed afterwards, I appeared to leap through the water with ever-increasing vigour and won the heat by over three yards. It was only afterwards that I learnt that the man who had touched me was going the other way, and had not yet turned !

Another sport which gave me great pleasure was that of boxing, for, although I had never boxed before my blindness, I steadily improved in this until I became so useful with the gloves that I was invited to spar in public at the Dome, in Brighton, an event which made me known to the boxing world, having as my opponent Major Micky Leahy, who was the famous British Army Champion, middleweight, before he lost a leg at Mons. Notwithstanding this disability, he still boxes wonderfully well. This was in December, 1926, and our exhibition with the gloves was in aid of the Royal Sussex Hospital ; and in the following May I was invited by the *Société des Phares*, which is the St. Dunstan's of France, to give an exhibition of boxing on behalf of the French blind. This was a great compliment, and I crossed to Paris with my trainer, Sergeant Martin Begley, late heavyweight champion of the Royal Irish Constabulary, and now instructor of St. Paul's School, London. We boxed four rounds at the Sporting Club of France, obtaining such a magnificent reception that I, who was very sensitive to the atmosphere, when I entered the ring had to implore Professor Critte to get things moving as soon as possible,

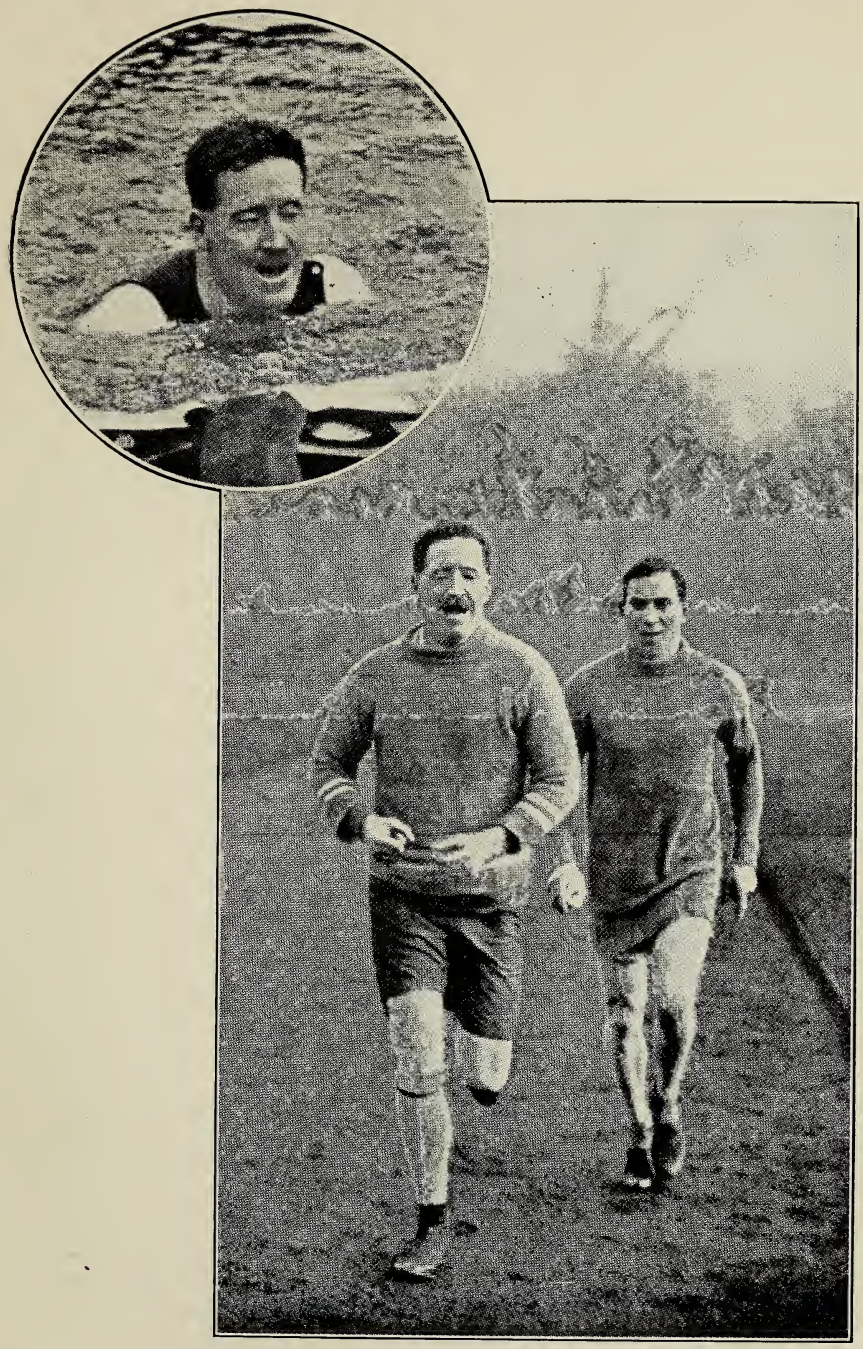


PLATE 4.—THE AUTHOR SWIMMING, AND RUNNING ON THE TRACK.

[*To face p.* 30.

as otherwise I felt that the cheering would quite overcome me. For my fear was that I should let the blind down and disappoint my audience, and it was a proud moment for me at the conclusion of our exhibition to find that the French spectators cheered just as much after the test as before we had entered the ring. There were many famous people at the ring-side, to whom I had the honour of introduction, including the American Ambassador, General Gouraud, the Military Governor of Paris, and the American Commander-in-Chief, General Pershing. I also met Mr. and Mrs. Berry Wall, who are to the French blind what Sir Arthur Pearson, of sacred memory, was to the blind of the British Empire. Colonel Lindbergh, who had just finished his famous trans-Atlantic flight, was also present, and congratulated me upon the conclusion of the match. He signed the programme of the gala, which was subsequently auctioned in the ring and sold for 25,000 francs, being afterwards presented to me at supper by Mrs. Berry Wall, and now stands framed in my room as a cherished souvenir of a successful test which proved my rehabilitation among active men.

I have ever since kept up my boxing, and now box all the year round twice a week in the morning before breakfast, finding in it a wonderful tonic and a great antidote to depression.

These exercises and sports, at which I was now competent, gave me such assurance that I often surprised sighted men, and the gratification and exhilaration of doing so was well worth living for. One incident I remember with delight, when I was asked to show hospitality to a young New Zealander, a delightful young doctor. The first thing I did was to take him to a lecture that I was giving, which ended at 6.30, after which I asked him if he would like some exercise ; his reply was that it was the one thing he had been longing for since his arrival in London, and I therefore took him to the Belsize Boxing Club. There, I and the other members

of the club proceeded one after the other to give our visitor as much exercise as he really wanted, and he left feeling a very tired but happy man.

Two days later I took him beagling with the Worcester Park pack, which I follow. It was not a pleasant day, for the rain fell in a steady downpour, but I told him this would help to keep us cool, so we left the car and ran across country in search of the beagles. After two miles of this, we heard the tally-ho, and my friend reported the pack in full cry after a hare. He was a splendid runner, and, although we had been covering the ground at a fair pace up until now, he suddenly increased his speed, and, knowing it was no use my trying to stop him, I had to keep up as best I could. In his excitement he dashed right up to the pack, regardless of the shouts of the whips and the exhortations of the master, whose language should have arrested the attention of anyone but my friend, who seemed to think this all part of the game. As a blind man, my only chance of participating in the fun was to keep up with him, difficult as this was ; and on we proceeded, field after field, until the pace so told upon me that I purposely tripped and fell into a deep ditch. Luckily for my reputation and my hope of returning home, the hounds at this point lost the scent, and my friend, returning to see what had happened, found me comfortably lying at the bottom of the ditch. I was none the worse for my spill, which had enabled me to gain my second wind, and we ran most of the way back to the car. Which of us enjoyed that day's hunting most I cannot say, but I found my friend mightily pleased with the knowledge that he had beaten the hounds until I convinced him later of the enormity of his offence.

If I dwell upon the sporting side of the early days of my blindness, it is to show how much importance I place upon the necessity of taking part in all possible sport and recreation to enable a blind man to attain that degree of physical fitness so essential if he is to develop his full

PLATE 5.—THE AUTHOR ON SKIS.

[*To face p.* 32.

powers. Moreover, it provided the best means of relaxing my body and brain after a hard day's work, for I never allowed exercise or sport to interfere with my work, and during those days of 1915–19 I was steadily progressing in my profession. And it is not only blind men who require such relaxation, for many a City worker and professional man of Harley Street would both increase his value and enjoy life far more if he concentrated as much upon healthy exercise as upon his career. That I say this is because my experience is that the greatest asset blindness develops is the realisation of things which are necessary for the inner self. Possibly this is due to the fact that there is no distraction caused by the eyes, and therefore all time is turned to account—with the result that there is more acute mental activity and a deeper appreciation of things that affect the mind. Nature, indeed, is even more alive to the blind man, for its tones and nuances are filled with greater meaning. The great soul of Helen Keller bears witness to this.

It is because of this that the beauty of Swiss scenery, for instance—the radiant atmosphere of the mountains and the keen joy of Alpine sports—are things from which a blind man is not necessarily cut off. I had never visited Switzerland before the Great War, but three years ago, when at St. Moritz, I was told that it was impossible for a blind man to ski, particularly if he had not been used to Swiss conditions before he had become blinded. Not to be defeated, I ventured upon the beginners' slope the following day upon skis, finding the walking comparatively easy, so much so that I essayed to descend—finding myself tearing down the hill a lot faster than had been my intention : faster and faster became the pace, with the guide shouting "*Pliez vos genoux !*" ; and I "pliez-ed" as much as was possible, pressing hard as I did so ; then suddenly the slope ended and my unwieldy skis condescended to slow down, and I was just saying to myself "There is not much in this after all !" when my skis stopped abruptly and I was

plunged deeply into the snow. However, I continued to ski every day, and if my main success lay in the art of falling and getting up again, I got a great deal of pleasure out of the exercise. For it is wonderful how the inward vision of the blind gives an appreciation of colour and of light, and it was delightful to feel that one was amidst such splendid scenery, and I revelled in the snow and in the glorious sunshine.

Riding I also found to be another great joy to a blind man, and at St. Moritz, with a groom on a second horse and a leading-rein, I found it was possible to ride with almost as much zest as in the days before I lost my sight. The going, on those snow-bound roads, was good, for the horses being unshod, they did not slip, and the champagne-like air and the swing of the horse beneath one enabled one to obtain greater enjoyment than anyone with sight would believe possible.

Although I skate a little, I do not care for it as much as for other sports, possibly because I was brought up in Ireland, where there is little ice, and therefore never skated as a child. Consequently, I have since found this accomplishment most difficult to master, and I have the greatest admiration for Captain Ian Fraser, the blind Chairman of St. Dunstan's, who skates with great skill.

The opportunities offered by Switzerland in the way of sports during the winter months make me advise all who can, blind or otherwise, to take their holidays there, where they are assured of excellent open-air sports, hard exercise, and beautiful natural surroundings.

Emerson stated a profound truth when he said: "Though we travel the world over to find the beautiful, we must carry it with us, or we find it not"; and it is this vision that, whether one is physically sighted or not, must be possessed if one is really to enjoy life.

There is no better place than a Swiss hotel for getting bridge and dancing for those who are fond of these amusements. Both, fortunately, mean much to me,

PLATE 6.—THE AUTHOR RIDING.

[*To face p.* 34.

conferring as they do many enjoyable hours which would otherwise be very difficult to fill in satisfactorily.

Of late years I have gone in for yachting, keeping my yacht at Burnham-on-Crouch, and finding not only immense pleasure from this thrilling and delightful sport, but that my educated " sixth sense " gives me a vision of water and of light and space. I can steer her quite easily, for I can feel the direction ; and I can also tell, unfortunately, when my yacht is not being rightly handled by someone else. I say unfortunately, for my criticisms in such instances are not always accepted with the best grace, particularly by those who have imagined that because I am blind I am unable to offer a judgment in such matters.

If I have dealt at such length with sports which I have undertaken, it is through no desire to be egotistical, but in order to point out that blindness does not exclude one from a keen enjoyment of life ; neither does it, as I have tried to show, mean that one must regard oneself as inferior to one's fellow-men in such sports because one has been deprived of sight.

Lastly, I have endeavoured to prove that the great majority of mankind fail to utilise or develop their full senses, and that latent talents can be developed when one is deprived of the greatest gift of God—sight.

*Mens sana in corpore sano* is an ancient proverb which holds as good to-day as it did in the distant past, and few sufficiently appreciate that vigorous and healthful outdoor exercises are far more essential for the establishment of full health than rich food and strong liquors.

## CHAPTER III

## THE QUEST AND THE DISCOVERY

All this time I had been engaged in my massage work, and my four years of hard training and exercise had at last made me feel quite myself again. My work at the hospital included massage, Swedish gymnastics, and electricity; but I felt dissatisfied, for something seemed to tell me there must be a better method of treating the sick which would be a science in itself, and not merely an adjunct to medical and surgical treatment. I cannot say how I obtained this feeling, for most men situated as I was, happily engaged in useful work, would feel content; but perhaps it was the very fact that I was blind that made me consider this problem the more deeply, until I became convinced that it was my duty to seek out better methods of treatment.

To satisfy this restless striving towards something as yet intangible I visited Vienna and studied electricity and light under Professor Kawarschick, one of the greatest European exponents of that therapy. At the end of six weeks I became definitely sure that this was not the science I was seeking, and I went to Copenhagen to work at the Rigs Hospital, and after five weeks there on to Dr. Kjellberg's Institute at Stockholm.

Admirable as all these institutions were, they left me still unsatisfied, although I felt that I was progressing towards the goal of my ambition. All these experiences had proved expensive, and I returned to London with my bank balance very considerably reduced, and was strongly tempted to return again to ordinary massage.

This was the turning-point in my blind career, for I

now heard that a college of osteopathy had been opened in London, and, in the hope that this would show me the way to the science I was seeking, I joined this college as a student. The work proved absorbingly interesting, lifting, as it did, the whole of my training to a higher level, and I felt convinced from the start that at last I had struck the line which would ultimately lead me to a definite healing art. And in July, 1925, I succeeded in obtaining my diploma from the college, being the first male graduate to do so.

Although I could have started practice immediately, I was determined not to engage in this beneficial work until I had obtained a complete knowledge of every branch of it, and two days later I sailed for the United States of America, in order to visit their colleges of osteopathy, going first to Kirksville, Missouri, to pay homage at the grave of Andrews Taylor Still, M.D., who had founded this wonderful science of healing by adjustment. The story of his discovery is worth recording, for this wonderful man, inconsolable after the loss of his two children, whom no medical or surgical aid could save, had turned his mind to the study of the body, as a mechanic studies a piece of machinery. After long and patient examination and work, this celebrated doctor at last realised that the whole art of health depended upon every part of the human system being kept in its correct position if the human machine was to run smoothly. Having arrived at this conclusion, he pursued his studies still more vigorously, until osteopathy became founded on a sound basis, its first college being started at Kirksville in 1894.

Though to-day Kirksville is known throughout the world as the principal seat of osteopathic learning, it still remains a village-like town of a thousand or so inhabitants, and retains its old-world atmosphere. The science of osteopathy spread so rapidly that within twenty-five years of its institution there were eight other colleges in full swing throughout the United States, each fully

equipped with laboratories for science and research, and all of them recognised by the State, with the result that the degree of D.O. possesses the same status in America as that of degree of Medicine. Each of these osteopathic colleges has its own hospital for in-patients, and their doctors represent them on the different State Boards of Education. To-day all the principal towns in the United States have their osteopathic colleges, and the science has also received recognition throughout Canada, the Blind American and Canadian Osteopathic Association being founded and affiliated two years ago. The course of study is for a minimum of four years, and before being accepted as an osteopathic student one must prove that one had obtained an educational training corresponding to that of our matriculation.

There are over 8,000 Doctors of Osteopathy now practising in the United States and in Canada, and among the first to work on the staff of the original college was a Dr. William Smith, a graduate of Edinburgh University, and a Dr. Martin Littlejohn ; the latter, after opening the Littlejohn College in Chicago and working in the United States for some time, returned to London and opened a college here—the college at which I graduated.

My time in the United States was well filled, and I shall never forget the courtesy and generous hospitality of all those with whom I came into contact. Particularly was this the case with the professional people, whom I found most broad-minded, and ever ready to exchange ideas or to give any information it was in their power to impart. No country that I have ever visited gave me such stimulus or had such a tonic effect upon me as the great continent of America.

If, after all my seeking for the truth, osteopathy remained unknown to me until I had spent several years in expensive investigation, it is more than probable that there are still a great number who know little or nothing of its work, or of its immense value in curing or relieving

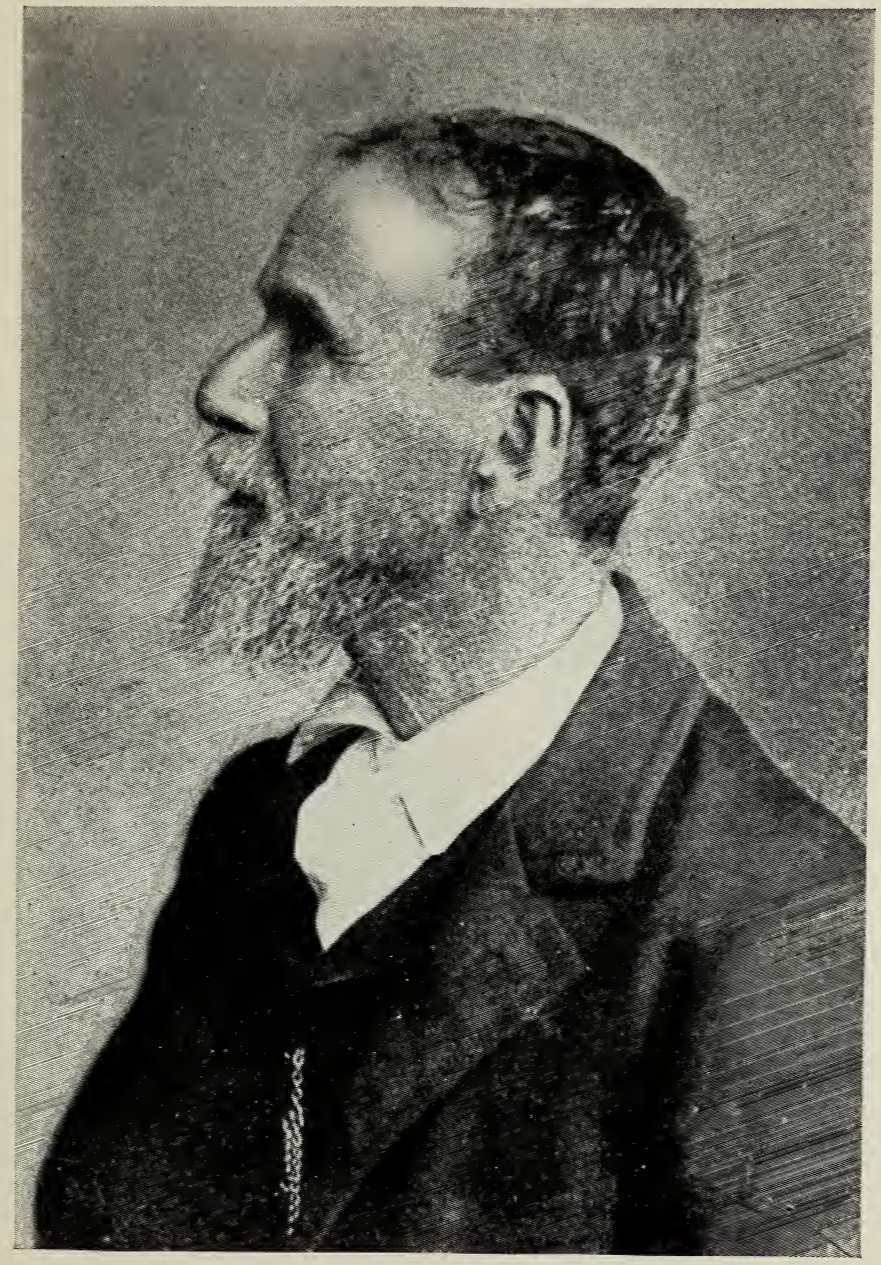


PLATE 7.—DR. A. T. STILL.

[*To face p.* 38.

the distressing ailments from which such a large percentage of people suffer.

As far as I am able, I will therefore endeavour to describe how the science was first discovered, and the manner in which definite cures are obtained in cases which have proved unresponsive to both medical and surgical treatment. In no way do I desire to decry the valuable work done by the medical profession, for which I entertain a deep regard ; but there can be few Doctors of Medicine who would deny that osteopathy has enabled cures to be made in cases which have been given up by the more ancient profession.

Dr. Still, the originator of osteopathy, was born in Virginia in 1828, and served as a surgeon in the Union Army during the American Civil War. During that period he apparently lost all faith in medicine, and became convinced that the system of trying to cure by drugs was useless and wrong. He asserted—and his assertion has since been borne out by experience—that the human body contained within itself all the chemicals, or all the medicine, necessary for the cure of disease. For centuries suffering humanity had, until then, groaned under purgings, bleedings, potions, and the surgeon's knife. But Still's eyes, straining towards a new horizon, perceived another dawn. He perceived that healing could come with harmony and adjustment, and that a man's body is a complete and perfect vital machine in itself, provided with recuperative and defensive capacities in normal health. Just as an engine, however, fails to work smoothly, or even threatens to stop, if something goes wrong in regard to the adjustment of its most minute wheel, so with the human body, for if anything, for any reason, is thrown out of gear, the result, as Dr. Still discovered, was to cause illness or pain.

Thus osteopathy is the science of healing by adjustment, and the osteopath, as its doctor is called, regards the human framework just as a mechanic visualises a wonderful and complicated machine, every part of which

must be in perfect alignment and all the various parts working in perfect relationship with one another. Further, that this perfect mechanism can cure its own ills provided that the structural parts are in their normal position and in their right adjustment to the whole machine.

There is nothing far-fetched in Dr. Still's original theory, which has since been proved so correct in its healing force ; for every part of the body is dependent on the circulation of the blood, and the entire body depends upon the action and control of the nerves, because by special sets of nerves this circulation of the blood is governed. As the structures of the body are delicately adjusted, with no space to spare, any change in structural position must interfere with their adjacent structures, and bad effects ensue.

In the spinal column the delicacy of adjustment is most marked, and, as the nerves all pass out of or enter into the spinal canal, any change in the structural relations reacts upon the nervous system. The same principle applies to disturbances or misplacements in the relations of other structures in any part of the body.

Structural deviation is commonly referred to as the "osteopathic lesion," and the province of the osteopath is to reduce or correct such lesions. These may be bony, muscular, ligamentous, fascial or other tissue. In a bony lesion the joint usually lacks free movement—a stiffness which may be the result of injury, strain, inflammation or other causes. Lack of normal movement in the surrounding tissues allows blood and lymph to stagnate, which causes acidosis and irritation to the nerves that pass that way, with resultant disturbance of the functions of various organs, including blood vessels. These lesions are serious, in that they not only interfere with the body's ability to make its own serums and anti-toxins to fight infections, but also produce suffering and illness in the form of neuritis and neuralgia, lumbago and sciatica, foot and other troubles.

This, broadly speaking, was Dr. Still's theory. "Remove the cause," he said, "which stops or clogs the blood flow or which blocks the nerve which controls the blood flow, and the blood itself will work the cure. The rule of the artery is supreme."

"Find it, fix it, and leave it alone," Dr. Still would insist—meaning that after a lesion is corrected Nature can be depended upon to do the remaining necessary work.

And, when one comes to think of it, there is hardly a disease that is invariably fatal, for the large majority of human beings and animals are continually curing themselves of diseases by which they are being attacked. For were this not so, the human and animal race would swiftly be destroyed by the various biological reactions which ignorance has named disease. And one of the great aims of Dr. Still's system of therapy was the principle of the immunity of the blood and of the tissues to disease. He saw that the backbone is the keystone of the body, and that, being the container of the most important tissue of the body, the nerve was the source of constant disturbance of the circulation of the blood. In treating blood in disease, osteopathic treatment is based on the physiological fact that the organic cell of the tissue has its own inherent power of resistance against disease ; for if it had not, no one could live at all, as germs are being constantly taken into the body and being continually disposed of. This is the great factor in the treatment of disease by osteopathy, as, by manipulation, fresh blood is brought to the diseased organisms and lymphatic and venous drainage re-established, so relieving congestion and enabling the blood to deal with the disease germs.

We also assist this curative method by prescribing the suitable diet, having found by analysis the condition of the digestive tract ; while no osteopathic treatment would be complete which did not include advice upon physical and mental environment, and exercise and rest, attention to all of which helps towards the re-establishment of health.

The nerves, as do all the other tissues of the body, live in an ocean of blood, and the backbone, subjected as it is to unexpected strains and maladjustments, does, and must, produce major or minor disturbances of circulation.

All this brings us to see the truth of Still's theory of the " osteopathic lesion " : these two great generalisations—the general immunity of organisms to so-called disease and the law of the spinal lesion as the main ultimate etiological factor in the vertebrates. It is as well that this should be thoroughly understood, for upon this proved theory the science of osteopathy is based.

Every founder of a faith is said to be an enthusiast or a fanatic. Whether so or no, to quote words aptly applied to another question—" let us be catholic in this great matter and burn our candles at many shrines," where physicians are concerned, for there is room in the world for all the schools of healing. Few new ideas, few great discoveries, have escaped opposition in the beginning, and even among the most honest servants of humanity the spirit of " cure and let cure " has often been absent. It is sad, if well, to remember that Pasteur was refused a hearing by some of the medical profession because he was not a medical man, and that the great Lister was regarded as a crank. Treatments by electricity and massage were at first received with grave suspicion and open opposition ; so if the bonesetter and the osteopath have encountered prejudice in their turn, they have at least been in good company. But " truth will out," and osteopathy, based as it is upon natural and commonsense lines of healing, could not be suppressed, and to-day stands its ground with any other branch of the healing art. Fortunately the general public of to-day are characterised by an increased open-mindedness—the type of mind possessed by the great John Hunter.

" Never ask me," said John Hunter to a pupil, " what I have said or written, but ask what my present opinions are, and I will tell you." And again, when reminded that he had expressed a different opinion previously. " Very

likely I did," replied Hunter ; "I hope I grow wiser every year."

* * * * *

The experience I had gained during the years elapsing between the time that I had left St. Dunstan's and completed my visit to the United States now made it clear to me that I had discovered what I had been seeking, in osteopathy—a science of health which not only brings relief to suffering, but offers certain cure in many forms of so-called disease considered incurable by other methods of treatment. Whether it was the "sixth sense" which had directed my research I cannot say, but from the time I had completed my first course of massage I had felt impelled to embark upon expensive investigations in order to discover this. In this way only can I account for the fact that, deprived of sight as I was, and tempted as all blind men are to remain content once I had gained a means of livelihood, I had been urged forward by something within me which I cannot describe, which seemed to tell me that there was important work which could be done by me and which would enable me to feel satisfied that I was pulling my full weight with my fellow-creatures.

Neither at Vienna, Stockholm, nor at the other schools of healing I had visited did I feel satisfied that they offered what I was after ; but within a few weeks of studying osteopathy—particularly after seeing its great work at Kirksville—I was absolutely confident that Dame Fortune had at last put into my hand the gift I had been seeking.

Having now completed my osteopathic education, the time had arrived for me to put into practice the much that had been taught me by clever and kindly instructors, and I returned to London and started my practice.

It may be thought that a blind man, starting a practically unknown type of treatment in the great metropolis —for osteopathy when I commenced was little known in

England, although so popular in America—would find great difficulty in establishing a practice. I had anticipated this, but felt such confidence in the knowledge that I was able now to offer immediate relief of pain in many cases of long-standing injuries that I knew I was justified in taking the risk.

My anticipation proved correct, for I established my practice by no process of sensational advertisement, but by demonstrating the fact that osteopathy offers greater power of healing than most other treatments, with the result that my waiting-room soon became so overcrowded with patients that I had to move into larger premises. This fact alone, if I may say so, offers proof of the value of the work I was doing, for practically all my patients were those who had heard about me from others whom I had treated, for the osteopath in London, as yet, has not got behind him the universities and schools of medicine, which members of the medical profession, when starting their careers, have the good fortune to possess.

Let me make it perfectly clear that, in stressing the importance and value of osteopathy, I desire in no way to reflect upon the great medical profession, which has done and is doing such important and magnificent work. For there are many things which cannot be treated in any other ways than by the knife of the surgeon, or the skill of the bacteriologist, or by the experience and art of the general medical practitioner. On the other hand, that osteopathy can do good where other forms of treatment fail can be proved by the fact that I have treated many cases of doctors themselves, and still more cases where their wives and daughters have been sent to me for treatment.

I cannot, indeed, say that my *début* as an osteopath was in any degree difficult, for my practice grew with such rapidity that I was compelled to increase my fees in order to keep the number of patients within bounds ; for I always insisted upon treating the patients myself, and the day has only a certain number of working hours. For, in

addition to my ordinary work, I undertook a free clinic in one of the poor parts of London, where I treated many hundreds of those unable to pay my fees, which took an appreciable number of hours of my working time each week.

I speak of days when osteopathy was less understood than it is to-day, for now the general public is beginning to appreciate the benefits it offers, and many are relying upon it not only as a means to health, but also as a means of keeping fit when in ordinary health. This is not always understood, but I should say that in 50 per cent. of cases I treat for neuritis, sciatica and rheumatic ailments, for example, the trouble would never have started had the patient had an annual overhaul by an osteopath ; for in most of these cases the trouble has originated from spinal lesions which should not have been allowed to form.

I have treated of the work done for osteopathy by its founder, Dr. Still, and will amplify what has already been said by the following particulars of its theory and method.

## CHAPTER IV

## THE APPLICATION OF MANIPULATIVE METHODS

### THE FEET IN RELATION TO HEALTH AND THE IMPORTANCE OF BALANCE

As has been explained, the osteopathic lesion is a maladjustment or malalignment in any part of the structure of the spinal column or its surrounding parts, for the backbone contains the most vital tissue of the body, in that the major nerves pass out from and in to the spinal column, going to and returning from the organs, tissues, and blood vessels situated in every part of the body. Any malalignment or malposition of the structure of the spinal column must therefore naturally interfere with the blood supply to some set of nerves, or create strain or tension, with constant irritation of others in the disturbed area, an unnatural condition which results in a lack of tone and sometimes serious disturbances in the circulation to important, nay vital, organs of the body.

If this is properly understood the value of osteopathy becomes immediately apparent, for the skilled osteopath, on detecting where the fault lies, can bring immediate relief through the removal of such nerve irritation by manipulation by his ability to correct the malposition and relax the tension. At the same time his treatment allows fresh and more ample supplies of the blood to travel to the affected parts and so relieve congestion. By alignment is meant the correct relation of one bone, or one articulate, to another—knowledge which is the foundation of the osteopathic physician's power or ability to heal. The importance of this knowledge will be realised on reflection ; for how many women to-day

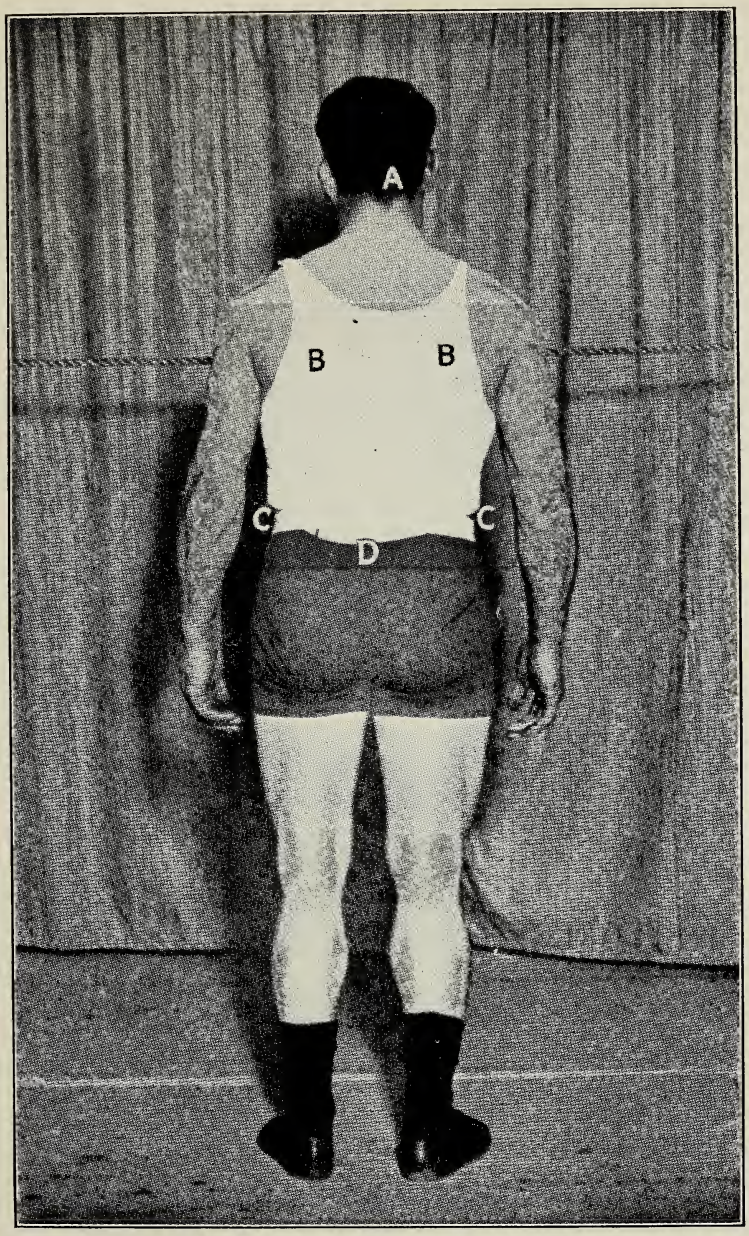



PLATE 8.—" A " JUNCTION OF SPINE AND SKULL.
" B " SHOULDER GIRDLES.
" C " INNOMINATE BONES.
" D " SMALL OF BACK.

[*To face p.* 46.

imagine that they have one hip permanently larger than the other? In most cases this is not really so; but the impression is due to the fact that one hip is out of alignment with the other, and if the condition is treated by skilled manipulation—in other words, if the suspected hip is put back into its normal position—the supposed deformity will be found to have entirely disappeared—a type of manipulation which can always be effected without inconvenience or pain.

In studying the mechanism of the spine and the correct and normal balance of the body, experience and technique teach the osteopath that the weakest point, and the one which in practically everybody's life causes trouble at one time or other, is what is commonly known as the "small of the back" (*see* Plate 8). This is due to the fact that on each side of the spinal column at this particular point are situated the ligaments of the bones forming the seat or basin of the spine to which the legs are hung at the hip joints. At the same time, the base of the spine has to support the whole weight of the trunk, head and shoulders, so that, in accordance with the law of gravity, any shock to the head or shoulders will be sustained at this sensitive spot near the base of the spine. Moreover, if one gives oneself a sudden jerk by abruptly missing a step, or by lifting a weight when one is not properly poised or which turns out to be heavier than expected, the strain will be felt at the same point—that is, in the region of the articulations at the base of the spine. It will be understood, therefore, how essential it is when stiffness or pain is felt in the small of the back to get relaxation and readjustment of this part without delay. Nature, ever provident, always tries to compensate in cases of abnormalities, in order to keep life pulses moving, and if, for example, one hip bone gets slightly out of position, sooner or later a shoulder girdle will also move out of position in an effort to create the compensation and give relief to the weakened member, for Nature's remedies in such cases must mean added misplacements.

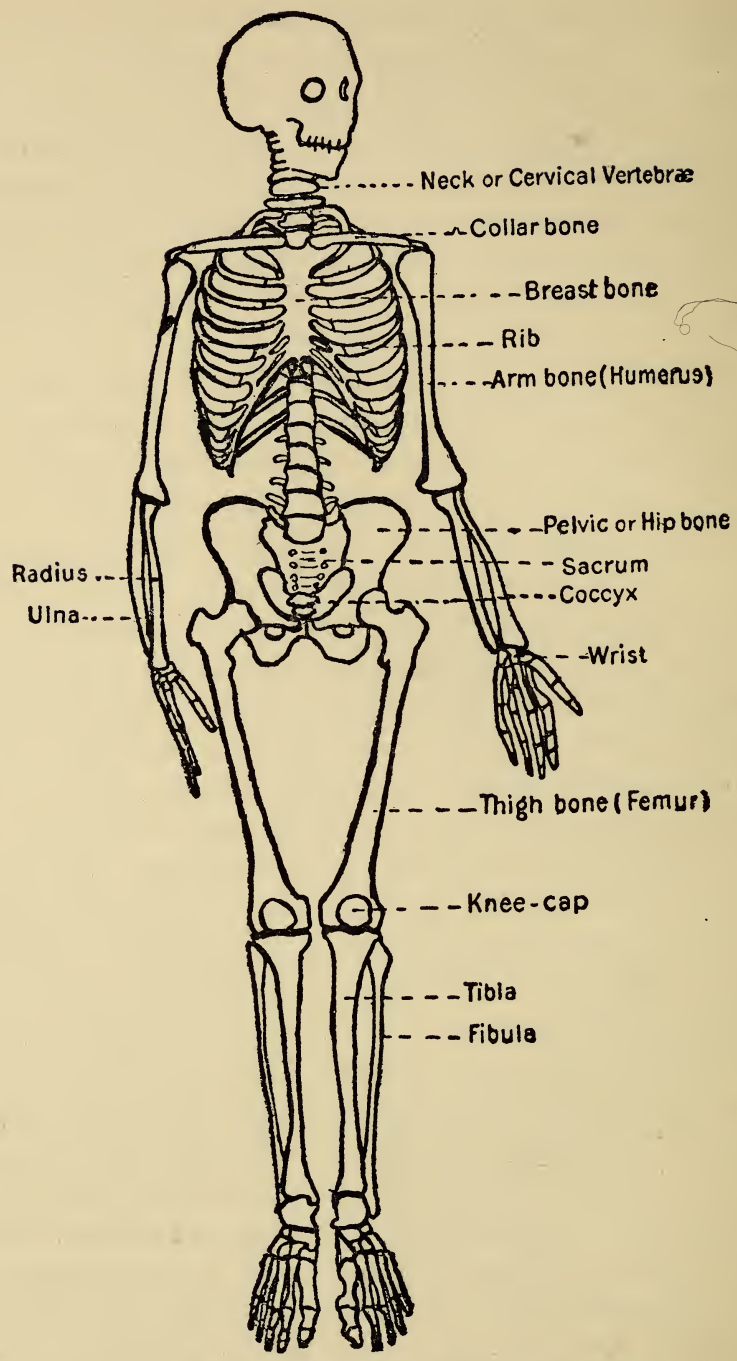



Fig. 1.—The Bone System of the Human Body.

The shoulder girdles (*see* Plate 8) balance the spine above, and the innominate hip bones balance the spine at its base. Therefore, if the pelvis gets out of position (see Fig. 1), it will always be found that there is need of adjustment in the upper part of the spinal column. To apply the principle of Dr. Still's theory of the osteopathic lesion or maladjustment in cases of foot trouble, such as flat foot, when this condition has existed for six months or more, it is necessary not only to treat and replace the arches of the feet, but to attend to the alignment at the base of the spine. For almost invariably it will be found that one or both of the bones forming the pelvic basin are out of position, with the result that the balance and weight of the body is being thrown wrongly on the arches of the feet, and to correct the position of the arches only would be futile, as in a short time, owing to the trouble at the base of the spine being left uncorrected and the balance of the body still out of alignment, the arches of the feet would again drop.

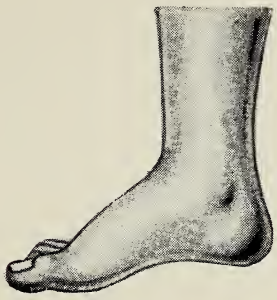
This trouble with the feet can also react back to the spine, for if the feet are strained, say when running or jumping, and the trouble is not attended to by an expert, the spine is slowly pulled out of position as the person endeavours to pursue his normal activities. This is because, as the foot hurts when it gets tired owing to the strain, there is an instinctive pull at the spine, for the sufferer throws as much of the body weight as possible on to the other foot in an effort to relieve the injured member, with the inevitable result that gradually a tension is created, resulting in maladjustment at the base of the spine. For this reason trouble with the feet, no matter how apparently slight, should under no circumstances be neglected. A skilled osteopath can tell at once if the injury is serious and, if so, can rapidly relieve the pain, remedy the defect, and readjust the balance of the body. It is nothing short of lamentable to see the number of people suffering from flat feet, often for years, who could be permanently cured within ten minutes.

A certain temporary but gallant major I once served under used to preface his frequently unprintable remarks to the riding school with the words: "There is a h'ancient saying among the h'Arabs—'No 'oofs, no 'orse,'" and, varied to suit the case, his words are applicable to men. There can be no question but that our feet, and their condition, have a far greater bearing upon the happiness and usefulness of our lives than most of us appreciate, and anything which hampers them invariably reacts upon our activities in business and pleasure. For all that, many people put up with foot troubles and their attendant discomforts from the mistaken idea that nothing can be done to relieve them, and that they form one of those ills that humans must suffer and make the best of.

There is yet another side to this important question, for, though few people realise it, the well-being of our feet is intimately related to our general health as well as to our activities and occupations. And it is within my experience that many people suffering from indigestion are found to have the pelvis or basin of the spine out of position. In these cases they must also suffer from trouble with their feet, owing to the uneven balance of the body. This lesson has so often been taught me that, when treating foot trouble, I always examine the lower part of the spinal column, and not only adjust the feet by manipulation, but also the alignment between the foot, ankle, knee, hip-joint and base of the spine until the balance of the body is completely normal again. It is only a partial cure merely to adjust the feet, unfair to the patient and unsatisfying to the osteopath.

Any occupation which entails standing for the greater part of the day is the most common cause of "flat feet." The muscles of the sole of the foot become weakened by the continual strain of supporting the weight of the body and the want of proper exercise, until the ligaments become stretched and permit the bones at the summit of the longitudinal arch to drop (see Plate 9). This longi-

1.



2.

3.

PLATE 9.—FLATTENED ARCHES AND THICKENED ANKLES.

[*To face p.* 50.

tudinal arch, the one involved in flat foot, is shaped like a bow, but both ends are movable, and the arch is bound, formed and supported by ligaments, fascia and muscles, and when the muscles contract they swell, forming a cushion, so to speak, for the bones.

In treating this condition there are two important points to be observed. Firstly, by manipulation, the articulations of the arch must be adjusted into their normal position, so that the nerve and blood channels in the foot may be freed, the tension removed from the ligaments, and the irritation or pressure on the nerves removed, and the patient given instant relief from pain.

Secondly, the osteopath must adjust and articulate the lower part of the spine, as it is from this point that the sciatic nerve issues, a nerve which must be made to function better in order to enable the patient to regain normal strength in the plantar muscles of the foot. Again, the whole limb must be articulated, not only for this reason, but also to ensure better lymphatic and venous drainage of the foot, a condition as important as the improvement of blood supply.

Another complaint which I find most common is pain at the base of the toes, called metatarsalgia. In these cases it is the transverse arch of the foot which is involved, and on examination one finds that the arch has dropped (see Plate 9), thereby causing pressure on the nerves and great contraction in the muscles of the upper surface of the foot running into the toes, which rather are pulled back instead of lying normally. In such cases it will also be found that there is too much contraction in the calf muscles, so that the heel is drawn up and the difficulty in walking correctly increased, owing to the muscular hypertension making it impossible to get the heel to the position required for normal balance.

In many cases this condition has been produced by wearing extravagantly high heels, which throw the body's weight forward on to the toes, and when the sufferer tries to get relief by wearing a support at the seat of pain,

only temporary relief is afforded, the general condition becoming steadily worse. Under such conditions the feet become still weaker and the arches sag more than ever until supports are relied upon which are so heavy that the feet are handicapped by their weight.

In treating such cases, the first aim of the osteopath is to get the hypertension out of the muscles and so enable them to regain their normal length. This I do by working on the foot, manipulating the calf muscles to enable the drawn heel to come down, and manipulating the muscles of the top surface of the foot to make it possible for the toes to lie out straight (see Plate 9). This done, I next break down the adhesions at the articulations forming the transverse arch, manipulate the bones into their proper positions, and thus restore the normal arch. The immediate result is that by relaxing the hypertension in muscles and ligaments a normal blood supply and drainage is established in the feet, which should never require treatment again providing the patient avoids past mistakes.

In all cases of bad feet, and especially when the patient has been enduring this distressing condition for some years, I manipulate under a mild and pleasant anæsthetic, which allows me to correct the muscles and the position of the articulation in from ten to twelve minutes, the patient suffering no pain or discomfort afterwards, and giving me the opportunity of getting better results than are possible otherwise. So successful is this method that it is not necessary for me to see the patient more than once or twice afterwards in order to teach certain exercises for correct walking and for the muscles which have been adjusted. This I like to do in order to prevent any recurrence of this distressing condition.

One of the many patients at my free clinic, a porter in the fish markets, had been unable to walk for some months on account of the condition of both feet. These I tried to remedy without employing an anæsthetic, owing to his being unwilling to take it, but the condition

was too serious and of too long-standing to respond to ordinary treatment, although they were much better. I was certain that a complete cure could be effected, but his muscles were so strong and the irritation so great that I could not get in sufficiently to relax the hypertension and break down the deep adhesions. I explained this to him, and he finally consented to take the anæsthetic, and I manipulated under this at 2 p.m. Ten minutes later I had succeeded, and he returned to work the following morning at 4 a.m., completely cured, carrying the same weight he had carried before his feet compelled him to give up work twelve months previously. He has continued to do this heavy work ever since—and there can surely be few harder tests than the work of a market porter—without any recurrence of the foot trouble.

Later, I received the following letter from his father :—

" Dear Sir,

" I should like to offer you my thanks for the successful operation you have performed on my son's feet.

" He was told by medical men that he would not be able to do his employment and would have to find a light job, but, thanks to you, he has resumed his work as a Billingsgate porter, carrying packages of fish weighing from 2 to 3 cwt. each, without any pain, which is proof that his feet are now cured.

" Again thanking you, I am,

" Yours sincerely,

(Signed) Geo. Fundell, Senr."

" To Captain Gerald Lowry, D.O.,

" 21 Upper Berkeley Street, W.1."

Both in cases of " flat foot " and of metatarsalgia the ankle joint is always involved, and it is necessary to see that it is strengthened by articulation and adjusted into its normal alignment in relation to the other articulations of the foot, for it is most important that every joint from the toes to the base of the spine be adjusted. Some patients find it difficult to appreciate this, and will not consent to undress in order that the base of their spines may be examined, with the result that the osteopath

must make such examination through their clothes. Other patients display one foot only, finding it difficult to grasp the fact that one cannot have one flat foot without having two.

I had one case of a girl of eighteen whose feet had been allowed to get into such a serious state of tension that her medical adviser thought that the muscles would have to be cut. Before resorting to this extreme measure, however, they decided—probably on the principle of things being so bad that they could not well be worse, for osteopathy is not yet understood sufficiently in England—to risk going to an osteopath, and I was the one chosen for this bold experiment. I said I thought I could effect a cure, and the doctor, after giving a mild anæsthetic, said : " Now you can go ahead." When I touched the leg, however, I found the muscles like bone for rigidity, so I replied : " No, I can't " ; and it was only under a much more powerful anæsthetic that I was able to proceed. I then worked on the patient's legs and feet, manipulating from the toes, along the legs, to the spine, stretching the tense muscles, adjusting, pulling and straightening as I went, for nearly half an hour, before I succeeded in getting the abnormal hypertension to yield and was satisfied that the cure was effectual. In three weeks that girl was playing badminton and driving her own car, though before my treatment she had a heel like that of a child of eight, shrunken through lack of use, for she had been unable to walk properly for some years.

Many women strain their ankle joints by wearing high-heeled shoes, which throw the weight forward on the feet. This results in the astragalus, the key of the longitudinal arch, which is wider in front than behind, being pressed forward, throwing the natural socket out of place and thereby weakening the joint. This is the cause of a large percentage of foot troubles, and I strongly advise women to refrain from wearing very high heels.

The exercise shown in the illustration is excellent for strengthening the ankle joint, and it is also of great

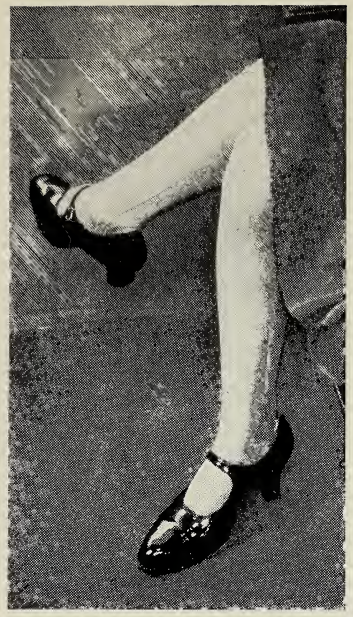


PLATE 10.—EXERCISE FOR ANKLE JOINT.

[*To face p.* 54.

assistance in restoring thick ankles to their normal size.

All footwear should be light, and this is particularly important in the case of children, now that it is possible to obtain a combination of strength and lightness in boots and shoes. These should be of a size to allow the toes perfect freedom, in order that the muscles may have room to function properly and the circulation may be unimpeded.

The heels should be of moderate height and of sufficient width to balance the weight of the body properly without throwing it forward on the toes, and they should be fitted with half or whole rubbers, as this takes the jar off the spine when walking, and adds to comfort, particularly on hard pavements.

Lack of proper drainage is one cause of that unpleasant condition, perspiring feet, although the prime factor is constitutional disturbance. I have had many cases of this distressing complaint, and have had little difficulty in effecting complete and permanent cures, first having the feet bathed, after which normal readjustment soon puts things to rights.

Many suffering from corns—in certain cases most dreadful corns—have come to me, and osteopathic treatment has enabled me to cure them after three weeks' treatment. In this painful condition it is often found that the transverse arch of the foot is out of position and responsible for the corns owing to the congestion of the part. This malalignment corrected, the circulation improves and the corns regularly disappear.

I have treated many cases in which a painful corn on the little toe of one foot has made walking a misery, due generally to a slight metatarsalgia or maladjustment of the transverse arch, with excellent results. In such cases, on examining the base of the spine I have found that the innominate bone on that side had been misplaced, causing the weight of the body to be thrown unduly over on that side. An adjustment of the innominate lesion has

resulted in every case in a complete disappearance of the corn within a very short time, owing to the cause—namely, pressure on the toe and outer border of the foot and the congestion—having been removed.

Those unfortunate enough to suffer from corns and bunions should wear boots and shoes that give ample room for the toes, for all pressure and friction should be avoided. Personally, I make a point of teaching my patients suitable foot exercises, and explain to them the sort of shoes they ought to wear. But without proper adjustment of the articulations of the foot the condition responsible for the corns will not be removed, as this arises from maladjustments which seriously interfere with the blood supply and drainage, with the result that callous deposits are formed in the tissues and round the joints.

Corns respond very readily to manipulative treatment, and once the maladjustments are corrected, they go with astonishing rapidity. Bunions, on the other hand, prove more difficult, but they also can be to a great extent absorbed by the manipulator removing the cause which has led to the malnutrition of the foot.

Another painful condition which responds at once to manipulative treatment is hammer-toe, which, in my experience, is generally due to a maladjustment of the articulation in the foot causing pressure on the nerve which supplies the small muscles which pull the toes down. Constant irritation of this nerve causes continual contraction of these muscles, with the ultimate result that the toe is kept flexed. The ligaments then contract and the hammer-toe is produced. In such cases I first find the maladjustment, and then gradually by manipulation stretch the contracted muscles and ligaments to their normal length, and so enable the toe to straighten and the circulation and drainage of the affected foot to be corrected. It has often amused me to witness the perplexity of my patients suffering from hammer-toe when they find my attention first directed at their spines and legs.

PLATE II.—LEFT: THE WRONG WAY TO PLACE THE FEET WHEN WALKING.

RIGHT: THE CORRECT WAY.

[*To face p.* 56.

Comparatively few people realise that in walking, the foot should not be turned out at an angle as in Plate 11, which rotates the hip in a way that is both abnormal and unnatural, and which affects the articulation at the base of the spine. If persisted in for a long period, there will ultimately be an incorrect balance of the body, which again will lead to trouble at the small of the back, and possibly displacement of the digestive organs in the pelvis. On the other hand, to walk as in Plate 11 (right), with one foot parallel to the other, and the foot straight from toe to heel, is natural, and one has only to study great runners and primitive peoples to see this. The Red Indians, who, as a race, can normally cover tremendous distances and endure extraordinary fatigue, are naturally pigeon-toed. If anything, the toes should be turned downwards and slightly in. There will be a straight line along the big toe, the ankle, the knees and the hip, and it will be found from experiment that there is no tension or strain in the muscles of the thigh and hip. In other words, this straight-line position of the feet is the natural one in progression and the only one in which the body can balance itself properly as Nature intended it to do. A trial of the two positions will bring conclusive proof. When the foot is turned out it becomes flat, and the muscles on the sole of the foot are stretched and cannot do their work properly. If the toes are brought round until the foot is straight, the muscles work splendidly and the foot immediately is arched, as it should be, giving spring and balance. In my own case, since my trainer, a noted running man, impressed on me the importance of turning the toes slightly inwards, I have increased in speed far beyond that of my pre-blind days.

Although military service equips a man well, in most respects, for the struggle of life, there can be no question but that its ruling that the toes should be well turned out is essentially faulty. How much I wish I had known this in my early days of soldiering under a peppery adjutant !

While on the subject of the balance of the body, I

would point out that it is essential to realise that the centre of gravity line must be maintained. If thrown out of its proper alignment the weight of the body will fall unfairly on the arches of the foot. The spinal column should not be straight, as so many people still believe to-day. On the contrary, this is as injurious to health as what is commonly known as a spinal curvature. I have sometimes annoyed a proud mother who has talked to me of her son's beautiful straight back by replying: "Well, I'm very sorry to hear it, as it's very difficult to put right."

The perfect spine has four natural curves. First, at the neck slightly forward, then back towards the shoulders, once more sloping forward, and then back to the sacrum, or seat, where the four vertebræ of man's atrophied remnant of a primitive tail curve round slightly. It will therefore be seen that it is bad to hold the shoulders forced back when walking, as the natural position of the shoulder girdles, which are attached to the spine, is to slope forward. People who tilt their chins up when they walk are also begging trouble for themselves in the area of the neck, as they are thus creating a malposition of the spine in that region. The chin should be kept more down than up. Tilted up, there is a misplacement of the position at the back of the skull at the point of its articulation to the atlas, or vertebræ of the neck, which brings tension and restriction. In other words, an osteopathic lesion of the nerves and blood supply of the head will result. Another thing, a small thing in itself, and little understood, but followed by serious consequences, is the manner of standing, either with the weight thrown over on one leg, or with the heels together and the feet turned out, for both methods create malposition in the whole spinal system. The most comfortable way to stand when talking is with the legs apart and the feet parallel to one another, and the reason why it is comfortable is because this is the perfect balance, and therefore the most natural way of standing. The position of

soldiers standing at attention, with heels together and the feet turned right out at an angle of 40 degrees, is opposed to the principles of balance and reason. It throws the whole body out of alignment, and strains the arches of the feet and the articulations of the ankle joints.

## CHAPTER V

## BONE-SETTING AND OSTEOPATHY

It may be as well to make clear the difference between the technique of the profession known as bone-setting and that of osteopathy, for some frequently confuse the two, though there is in reality a great difference between them.

In the first place, the bone-setter is one who has not necessarily had hospital training but who is gifted with a knack for replacing a bone. In the case of flat feet he would simply readjust the position of the arches, and would be unlikely to examine the knee, hip or spine to see if there was any malposition which might need attention, though in all probability this malposition would be responsible for the flat-footed condition. This was clearly realised by that great genius Sir Herbert Barker, whom I myself had the honour of treating before he retired. He was so delighted with the technique of the osteopath, and the successful results we obtained, that immediately after he had performed a manipulative operation on a knee or foot, he would often send the patient to me for whatever further readjustment was required.

I remember, in particular, a case of an only son, an Etonian, whose parents had had much expense and worry on account of trouble in his knee. Sir Herbert replaced the cartilage at the knee and then sent the boy to me. When I pointed out trouble at the base of the spine, and suggested the necessity of manipulation of the hip and lower end of the spine, his people would not hear of it, so I simply had to treat the knee locally, which treatment was, of course, comparatively useless. Knowing full well that proper results would not be attained, I persisted in

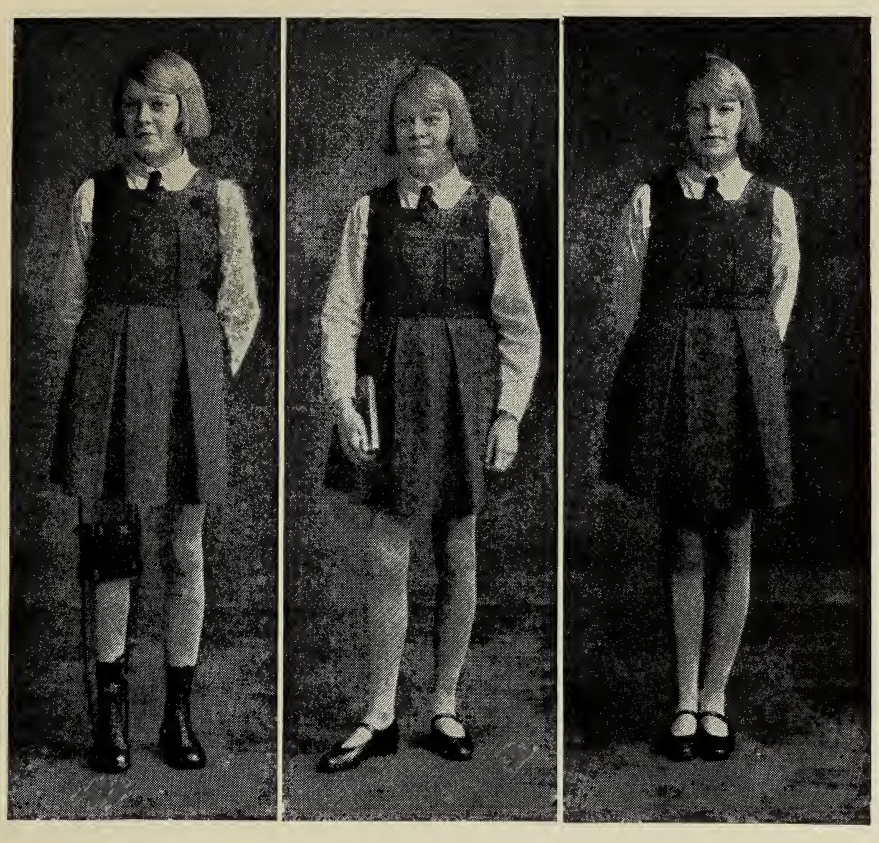


PLATE 12.—A BAD CASE OF LIMB DEFORMITY, SHOWING THE IMPROVEMENT AFTER TREATMENT.

[*To face p.* 60.

my statement that, no matter how well the cartilage had been put back, the boy would not be comfortable on his leg until his balance had been readjusted. But they remained obdurate and he returned to Eton as he was. Within ten days he was back again in Park Lane to see Sir Herbert, who then telephoned to me. I explained that I was dissatisfied in not having been permitted to do what was so obviously the right thing, and this time Sir Herbert's influence with the boy's parents was effective, and I was allowed to put right that which should have been corrected in the first instance, with the result that the patient was completely cured and they had no further trouble with his knee.

It must be remembered that the bone-setter is not trained to treat diseases in general, whereas the osteopath, by continued research and study, has brought practically every disease within the scope of his activities. Yet it must be fully admitted that in many cases bone-setters are very capable men, who do a great deal of good. Some of them, indeed, have an uncanny gift for dealing with dislocated joints and displaced ligaments, for bone-setting is undoubtedly a gift, the value of which is highly developed by study and practice.

When dealing with the mechanism of the spine it is necessary to pay great attention to the position of the ribs, especially in the case of patients who are advancing in years and have arrived at that age when many people are unfortunately induced by physical reminders to say, " Oh, I am stiff in the shoulders, but of course I am getting on." There, perhaps, the interest that they take in themselves ends, and they do nothing to try and mitigate the stiffness. That age is supposed to bring ills is a generally accepted notion, but often much inconvenience can be obviated by a little attention. It is absolutely essential that the ribs should be kept mobile and well lifted up in position. If that is not done, and the ribs are allowed to sag, the circulation in the chest becomes restricted. Owing to the position of the large nerve ganglion at the heads

of the ribs, constant irritation is caused at these points, and the nerves going out from and coming back to the spinal column in this region become congested. These nerves, particularly in the upper six ribs, connect to the vital nerve plexuses, namely, the heart and the lungs, and any disturbance will cause at first a slight, and later a more serious, weakness in these organs. Not only will the nerve supply controlling the arteries be interfered with, but also the lymphatic drainage of the whole chest will be definitely affected. This is the reason why treatment by an osteopath often yields such excellent results in heart disease, not merely where the heart has lost tone, but also in serious diseases such as angina pectoris. In the latter case it is often found that the first rib has been misplaced upward and so interferes directly with the nerves going to the cardiac plexus. In cases of asthma, and bronchial asthma also, the osteopath has been able to be of the utmost assistance. With these complaints it is constantly found that there is definite rib misplacement—not serious enough to be immediately diagnosed in the ordinary way, yet clear enough to the technique of the osteopathic physician. In all cases of chronic bronchitis, asthma and bronchial asthma, immediate relief is experienced by the patient by the relaxation of the nerve tension and the easing of those nerves coming from the area of the neck and upper six ribs through reduction of the tenseness of the muscles of the chest wall and the throat.

Skilled manipulation will relax the diaphragm, which is important, as in every case of this type there is contraction which causes constant pain and congestion. The inability of this large and most important muscle to relax, as it should do, interferes with the drainage of the whole chest and so renders it difficult for Nature to effect recovery.

Men of forty-five and over would be well advised, for their own good, to have osteopathic treatment once or twice a year. No science dealing with the body can give

such good results in lowering the blood pressure and keeping it normal, and so reducing to a minimum the danger of strokes through high arterial tension. Heart and lungs also may be kept in sound condition by this treatment. As age advances, and especially after a life of hard work, Nature begins to demand some assistance if a consistently high standard of efficiency in business is to be maintained. The constant strain of city life creates great tension in the brain, and in the nervous system generally, and it is this tension that hinders the free flow of the blood throughout the arteries of the whole body. As already mentioned, there are special sets of nerves leading from the spine, and these control the flow of blood in the arteries. The osteopath, by his manipulation, can relax and normalise the tension in the brain and spinal column, and by so doing relieve congestion which may be occurring within the system. Important organs, such as the stomach, liver, etc., need toning up with increasing age, and by treatment of the spine Nature is assisted to reanimate every organ within the digestive tract.

It will be noted that the ability of Nature to effect a cure is recognised by the osteopath, and, indeed, what is needed in most cases of ill-health is the correction of faults which prevent Nature from carrying out her ordinary duties. The re-establishment of vital forces and re-energising of the organs in general are quite as necessary where the human body is concerned as the re-conditioning of well-run machinery. That is why, in the United States and in Canada, many great financiers and industrial men have osteopathic treatment once a week throughout the year, appreciating the need of maintaining their vitality if they are to continue successfully to match their brains against those of younger men.

Osteopathic treatment has a wonderfully refreshing effect upon one wearied after a hard day's work and will produce a physiological reaction nearly as good as a sound night's sleep, owing to the manipulation of the spine accomplishing what sleep does for the tired worker. For

sleep gives refreshment and strength because it neutralises the poisons released by the work of the body's cells during their activity during the day. The nerve and muscle cells, as they work, cast out into the blood stream certain waste substances which react on the nerve cells as toxins—toxins of fatigue. During sleep the body cells manufacture antibodies that neutralise the fatigue toxins and the nerve cells, therefore, are refreshed again. To feed the nerve cells is not enough. Sleep is required—sleep of several hours—during which no further fatigue toxins are made by nerve and muscle if these fatigue substances are to be neutralised.

But so rapidly does osteopathic treatment stimulate the body to the rapid production of antibodies against these normal toxins made by the normal activities of the body's cells, that the same result is achieved after a treatment of thirty minutes that sleep could only bring about in several hours.

By this I merely mean to indicate the recuperative value of osteopathy, and am not suggesting that the ordinary good sound sleep at night should be curtailed.

No system of treatment, and no physician in the world, can claim to cure every disease, neither does osteopathy. But it does claim to very considerably assist the well-being of the body, and thus help to maintain it in a condition fitting it to resist the germs of disease.

## CHAPTER VI

# MALTREATMENT OF DELICATE MECHANISM

It is an ancient and familiar fact that the blood and tissues resist diseases of various kinds. This resistance is called immunity, and in some persons this so-called immunity is absolute in regard to certain diseases, so that some are said never to catch certain complaints. On the other hand, persons predisposed to this or that disease are lacking in this immunity.

This natural resistance of the body to disease is due to the fact that the blood and tissues contain countless billions of inconceivably small molecules which have a powerful chemical affinity for disease germs or their poisons, toxins, or for the cells of tumours, and which, uniting with them in favourable conditions, neutralise or destroy them, leaving the body sound, or, as we say, "well." These little atoms, or molecules, that unite with the substances that produce the symptoms of the disease are called "antibodies," or bodies directed against the agents of the disease.

Now the body's normal resistance is increased the instant a disease begins to develop, and this continues to keep pace with the advance of the disease until the disease conquers the body or the body conquers the disease, or until a certain equilibrium is established, in which case the disease becomes known as "chronic." These are the facts in the vast majority of the conditions known as disease, and from this the deduction follows that any method which can increase or reinforce the antibodies to disease—and thereby reinforce the natural defences against disease—is the correct treatment.

Now the whole theory of the injection of anti-toxins,

serums and vaccines, likewise the treatment by drugs, is based, as osteopathy is, on the principle of strengthening the body's natural power of resistance, but with this difference : that in the one case the assistance of allies is sought, in the other every power of the body is mustered to resist the attacks of harmful micro-organisms. For it cannot be stated too clearly that if the vital cells which build up the organs and tissues of the body are provided with an adequate supply of fresh blood and nerve stimulus, thereby ensuring that the venous and lymphatic drainage is complete, they are well able to protect themselves against disease.

Thus we come to the second principal theory of osteopathy, namely, the immunity of the cell in the tissues or of the blood from disease.

The body must be regarded as a complete laboratory, with the vital forces contained in its nerve cells and organisms self-accumulative : a laboratory fitted with every antidote to protect itself against the poisons which, from birth to death, attack the human. Unless this were so, human and animal life would have long ceased to exist.

In other words, the blood is the best germicide, and if the various parts of the body are kept in perfect alignment, one with the other, and the nervous systems kept working in harmony, a person will be immune from the ill-effects of disease. It is the perfect correlative action between one nervous system and the other that keeps the balance in the constitution of the blood. For instance, a special set of nerves is centred in the brain, and another throughout the spinal cord. The latter is connected up by fibres with every artery in the body with the different nerve plexuses and with the cerebro-spinal nervous system. These sets of nerves are called the vaso-motor system, or nerves whose function it is to control the flow of blood throughout the whole body. The trained osteopath is able to detect the presence of any tension that is interfering with these nerves as they

leave the spinal column, and by his skill can correct and remove such tension and so enable the blood to flow normally again. Through control of the vasomotor nerve system as it affects the arteries, the osteopathic physician has achieved excellent results in the treatment of high blood pressure. I have had many patients suffering from this unpleasant, and even dangerous, state, including some well over eighty years of age, where the greatest relief has been obtained, not only for the time being, but for some considerable time afterwards.

In dealing with the digestive tract, a urine test is first made, followed by a blood test, from the results of which it is possible to trace where the trouble lies—that is to say, to discover which digestive organ or organs are responsible for the condition. Armed with this knowledge the osteopath is able effectively to aid the patient through control of the food supply, for the laboratory findings denote the type of food, either harmful or over-supplied; and by replacing it by nutrients which will give the blood the essential salts it was being deprived of, a beneficial readjustment is brought about. His knowledge of organic chemistry also assists the osteopath in forming a decision as regards this rearrangement of foodstuffs. Combined with this dietetic treatment the osteopath readjusts the nerves from the spinal column to the organs involved, until the blood supply is freed and the correct and healthful drainage re-established, which results in the stimulation of the glands. Every organ in the digestive tract has its nerve centre in the spinal column, and it is this knowledge which allows the osteopath to manipulate with such definite skill that he can re-energise the nerves concerned and cure the trouble. Just as a pool of water becomes stagnant and septic if no longer supplied, so a failure in the blood supply to any part of the human body must result in congestion and disease.

My experience is that most who suffer from digestive complaints get mystified, and often frightened, by their

distressing symptoms. There is no necessity for this, for the action of the digestive tract is very easy to understand, and indigestion is largely due to the lack of balance between the alkalis and acids in the blood, the alkalis which neutralise the excessive action or accumulation of the acids. The digestive canal begins at the mouth, and it cannot be too urgently urged that thorough mastication of food before it is swallowed is essential, not only to break up the food so that the secretion of the salivary glands can act upon it, but also because it is so necessary to use the muscles of the jaws well—for this latter exercise not only causes the salivary glands to function, but it also influences the flow of blood in the head and face, thus promoting the circulation essential to good health.

The particles of food, having been broken up and bathed in the alkaline secretion of the salivary glands, proceed to the stomach, where they are attacked by an acid medium and acted upon by the gastric juices. It is in this stage of the process that so often the first disorganisation of digestive action occurs, for if there has not been thorough mastication and time given for the alkaline fluid of the salivary glands to act, excessive fermentation is created when the food comes into contact with the hydrochloric acid secreted in the stomach. This results in inconvenient pressure from gases given off into the duodenum, the first part of the small intestine, and painful discomfort at that end of the stomach. In normal health, however, the food is dealt with by the acids in the stomach and passes through into the duodenum, where it is acted upon by the bile from the liver and other digestive juices. The food is here again in an alkaline medium, it being the function of the bile to neutralise the acid produced in the stomach. The last stages of digestion take place in the small intestine, the food then passing into the large bowel, where the fluid content becomes absorbed, leaving a residue of waste matter to be evacuated at the rectum.

This important subject could be dealt with more

thoroughly; but for the fear that a more elaborate explanation would entail the use of technical terms which would convey little to the average reader, I will therefore content myself with the details given.

Having examined the spine and taken note of the readings of the blood and urine tests, the osteopath now makes the most important examination of all—that of the position of the organs in the abdominal cavity. Nothing is left to chance, for the different digestive organs have their centres in the spinal column, from which the nerves controlling these organs branch out. There, also, are to be found the nerves which affect the flow of the blood. By manipulation in the area of the spine indicated the blood supply to the particular organs can be increased and the gland centres stimulated to normal activity, resulting in the lymphatic and venous drainage being restored to healthy working. The importance of this cannot be too strongly emphasised, particularly the toning-up of the vagus or pneumogastric nerve, which is the motor-sense nerve of the whole of the digestive tract down to the rectum. This latter nerve plays a most important part in maintaining the efficiency of the digestive canal, and is quite easily manipulated at the neck.

The story of the digestive canal would fill reams of paper, and it is not easy to convey in so few words the full nature of osteopathic diagnoses and the means employed to assist Nature to effect normal activity, especially after long neglect. Having touched lightly upon the subject and given an idea of its importance, I will speak of what is, in my experience, probably the greatest nightmare of people in general, and certainly the principal cause of disease in the present day—constipation.

The unfortunate feature of constipation is that the average person utterly fails to appreciate its significance, and though he may at first suffer only slightly and at odd intervals from this complaint, yet owing to ignorance of its danger and the perfunctory method by which it is treated, the periods gradually recur more frequently,

until the condition ends in becoming chronic. One of the saddest things of my osteopathic experience has been to find that this condition is not only common in middle-aged and elderly people, but it is also much too prevalent among young people of both sexes from the ages of nineteen to thirty years, and even among children.

In some cases this complaint is traced to factors which are the outcome of the rush of present-day life, and in others to slackness in paying attention to that absolute necessity for health of a thorough daily evacuation. In both instances the natural habit is lost. Mothers should regard it as a most essential duty to encourage the habit of regular action by their children at the same hour every morning. If they will but take this trouble they will establish a healthful habit which will persist and be a great asset throughout life. With regard to the adult who desires to acquire the knowledge of how to keep fit and healthy—the best means to this end is to encourage the bowels to move twice, or even thrice, daily. I mention this particularly, because many patients I have cured of chronic constipation—some after twenty years of suffering from this depressing malady—get quite alarmed when the newly restored bowel condition compels three evacuations daily. Instead of being upset, they should be deeply grateful to find their internal organs functioning so well. When one realises how great is the amount of food consumed in a day, and remembers that the more that is eaten the more waste matter there is to be disposed of by the eliminating organs of the body, the value of regular and frequent evacuation will be obvious. Constipation, that curse of modern civilisation, is the sign-post which points the way to many painful, serious and fatal diseases. It is, for instance, one of the chief causes of appendicitis, and many serious operations to the gall-bladder have been rendered necessary by and are due to constipation. In another serious disease, the duodenal and gastric ulcer, chronic constipation is nearly always found to be a predisposing, if secondary,

cause. Lastly, we have it on the authority of the most distinguished surgeons of the world that cancer—that awful disease which is increasing annually—is born in the soil laid by constipation. But there are other less serious conditions created by constipation, which yet spoil the happiness of life, and seriously hinder members of all professions and trades—such as severe headaches, insomnia, rheumatic and catarrhal ailments, weak neurasthenic conditions—which are often due to self-poisoning or auto-intoxication from the stagnant cesspool so many of us carry about. Possibly the first requirement for health is good bowel action, and two evacuations a day will relieve the accumulation of waste matter in the body, and if this activity is maintained the chance of harm to the tissues will be reduced to a minimum, for the blood will then not be loaded with poisonous matter and its capacity to resist harmful invaders from any source will be at its maximum. For the gallant white corpuscles of the blood stream represent the defending army, and to reduce their vitality by sewage—for that is what constipation results in—is to weaken their power of resistance and render the body more susceptible to disease in consequence. I am convinced that the majority of the complaints I have mentioned could be to a great extent prevented by regular elimination of the body's waste matter in a *natural* manner : first by the formation of habit in infant days, and next by the exercise of care in diet. If I stress *natural*, I do so because, when dealing with constipation, it is essential to realise that medicinal aid—pills, powders and purgatives—is useless for permanent cure. When stoking a boiler one does not add dynamite to the coal to aid combustion or to clear out the slag and ashes ; if one did, while it would effect clearance, the boiler would surely suffer in the process. Yet in dealing with a mechanism much more delicate in nature, namely, the human body, an unnatural eruptive substance is constantly used by some people. This, if it acts as desired, irritates the nerves of the bowel into a condition of spasm

until they eject the contents. It is this unnatural stimulation and action of the intestines that brings that feeling of weakness and nausea after taking a strong purge. The sad part is that the damage does not end here, for this reliance on artificial methods of securing bowel action ultimately weakens the whole involuntary muscle system of the gut, and deadens the nerves, so that the more aperient medicine taken, the more is required, each successive dose advancing the gradual decline of the natural involuntary reactions of the bowel and leading to eventual atrophy of a part of the system so vital to life. The "pill habit" may well be said to be the broad gateway which leads to disease and death.

There is to-day no natural treatment in the world which has given such excellent results with regard to constipation as osteopathy. This because the osteopath, by his ability to manipulate and control the nerves leading to the different parts of the bowel, is able to both relax the tension and increase the blood supply. Next, he readjusts the position of the bowel, for it is important to remember that constipation tends to distort the bowels and to cause the lower gut to sag and the upper portion to kink, both of which causes produce congestion or restriction of the natural processes. This readjustment is therefore more than half the battle, for constipation cannot be cured if mechanical obstructions of this kind prevent the travel of the contents of the intestine. The matter of next importance is the position of the abdominal case (see Fig. 1). This is formed by the hip or innominate bones which are articulated or attached to the base of the spine by ligaments forming a basin, which contains the digestive organs, such as the large and small intestine, and the bladder. My experience of the treatment of constipation has taught me that one of these innominate or hip bones will often be found to have moved out of alignment, or that the whole pelvic basin is out of position. Until these misplacements are reduced, other treatment is of very little value, for the tension created in the

lower end of the spine upon nerves leading to important nerve plexuses and blood vessels results in their congestion and irritation. This condition disorganises the nerve plexuses in the spinal column between one nervous system and another, with the result that the peristaltic action of the bowel is affected. In this condition the glands cannot act as they should, and there is an inadequate blood supply, so that in spite of the efforts of Nature to continue normal functioning there will be recurrent attacks of constipation, and in the end the condition will become chronic.

Many times in cases of this type I have found that the coccyx, or terminal bone of the spinal column, has become misplaced and is not articulating as it should, with the result that the bowel is upset owing to the terminating ganglion of the nervous system, which runs right through the digestive tract, being situated in the rectum. Therefore, if the tail bone of the spine becomes rigid, irritation is often set up, which, acting on this nerve ganglion, results in the nervous system becoming disorganised.

Another point that the osteopath particularly looks to in every case of constipation is the condition of the sacral nerves (see Fig. 2), which lead directly from the sacrum to the rectum, whose function is to control or inhibit. For if these nerves are over-working or, in other words, if there is too great tension, the sphincter of the rectum will be prevented from opening, and the function of expelling the fæces by the involuntary muscles of the bowel will be held up. The osteopath, in these cases, by careful treatment of the sacral nerves induces them to relax, thereby removing the strong tension at the sphincter muscle of the rectum. At the same time, by stimulating movement of the spine from the sixth dorsal downwards, the blood supply is increased and the peristaltic action of the bowel encouraged.

This can only be done after any misalignment of the innominate bones and the position of the pelvic basin has been corrected by manipulation. Once this is done,

the position of the important abdominal organs is attended to, and they are comparatively easily restored to their normal position. There is no need for the slightest pain or discomfort in this treatment, and yet by using these methods I have achieved permanent success in many cases of men and women of from seventy to eighty-six years

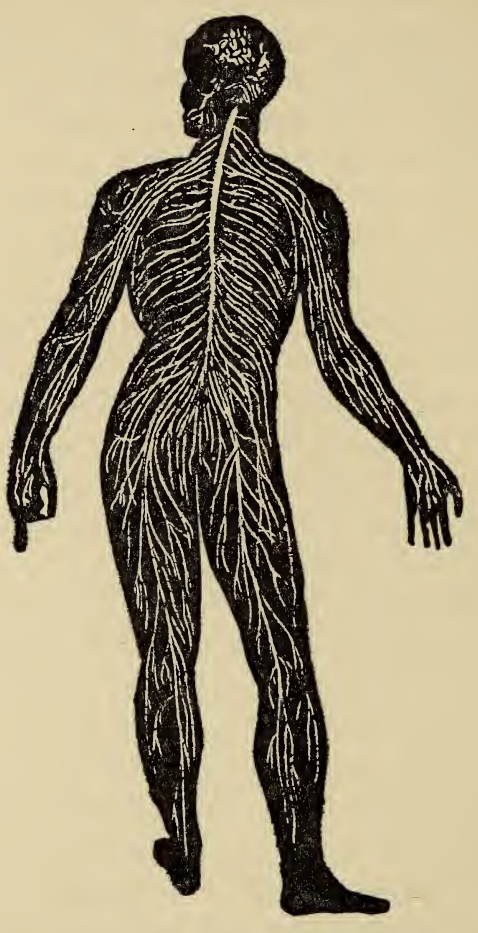


Fig. 2. The Nerve System of the Human Body.

of age. In fact, the older the patient the greater relief, comparatively, does osteopathy give, for it is exactly the help that in so many cases Nature badly requires. Another important factor in the osteopathic treatment of constipation is the manipulation of the vagus or pneumogastric nerve. To effect this the neck requires to be manipulated, often to the amazement of the patient, who

cannot understand what his neck has to do with his bowel. Actually it has a great deal to do with it, for all the great blood centres of the body are situated in the spine in the region of the neck, and, in addition, the large nerve ganglion through which the nerves pass to the brain from all parts of the body. Most important of all, then, is the pneumogastric nerve, or motor-sense nerve, of the whole tract as far as the rectum, which is subject to a loss of tone, and by manipulation at the neck this is stimulated anew and its nutrition increased.

In relation to the pelvic innominate or hip misplacement in constipation, I remember a case of a woman tennis player of the first rank who, when she first came to me, was taking as many as seven pills a night, with the result that the combination of constipation and drugging had reduced her whole system to a very low condition. No matter how much tennis she played, nor how much exercise she took, the constipation was not relieved. On examination I found that her hip bone on the left side had dropped forward, thereby bringing great tension on to the descending bowel. I succeeded in replacing this in one treatment, and the bowel functioned without assistance that evening, and after six treatments in all the patient became quite normal. In other words, the bowel recommenced functioning regularly and without the aid of medicine. A year later this lady wrote to me saying that she had not had occasion to take medicine again.

Another woman came to me with bowels that refused to work, even with drugs, and had to be washed out. The tone of her entire system was very poor, but I succeeded in causing her bowels to function twice a day within a month of commencing treatment. At the start the patient and her friends would not hear of giving up the enema, but I guaranteed to make her bowels function normally, and so they did.

One week's treatment set another patient's bowels working properly without the aid of medicine, and that after twenty years of chronic constipation.

Another woman of forty years of age, who had been taking opening medicine regularly for eighteen years, was completely cured in twelve treatments. It is over eighteen months now since the course was finished, and I hear regularly from her, to the effect that she has never had any further trouble, or had any necessity to resort to medicine, the bowels continuing to work twice daily without any relapse. These facts show that osteopathic treatment obviously gets at the cause of the trouble and removes it. A patient, of course, may have a recurrence of constipation through a chill, or through having eaten something which has disagreed with the digestive organs, and so upset the nervous system, or through some strain at the small of the back which would misplace one of these innominate bones at the base of the spine. But patients who have derived benefit from osteopathy before do not hesitate to have recourse to it again immediately in such cases, for one treatment generally rectifies the trouble. One of the most valuable points in osteopathic treatment of constipation lies in the fact that the position of the bowel and stomach can be adjusted, so enabling the circulation throughout the digestive tract to flow at its normal and full capacity.

Attention to diet in such conditions is important, though it does not necessarily entail such drastic measures as would render life wearisome, but merely the observance of one or two of Nature's laws. For instance, one should cut down the intake of starchy food, such as white sugar, white bread, pastries, cakes, rice, sago and tapioca, and eat instead fresh fruit the first thing in the morning on waking—avoiding acid fruits such as pineapple and grapefruit. Kellog's Bran is a good addition for breakfast, for it provides the rough food required by the intestine and contains the pure kernel of the wheat. One should also make a practice of eating brown bread, brown sugar and steamed puddings and salads every day. Do not eat bread with meat, as this produces flatulence and so will upset the action of the bowel. I do not suggest that a sandwich

should never be eaten, but where there is a tendency to flatulence the meat might well be replaced by tomato.

To proceed to the opposite ailment—diarrhœa and dysentery—here again the results of osteopathic treatment are interesting. Dysentery is most frequently caused by the growth in the intestine of one of the several types of germs that produce the flux from the intestine. A particular pressure on the spine used by osteopaths quickly stops dysentery when caused by these germs, as was demonstrated by Dr. Still when he quickly restored a number of children all suffering from this complaint to health. This is a better method of cure than that of clearing the intestine by means of a purgative or of paralysing the intestine with a drug, for the osteopathic stoppage of the movement of the intestine is free from any after-effect which follows the use of a drug.

## CHAPTER VII

## INSIDIOUS DESTROYERS : RHEUMATISM

THE assemblage of ailments termed rheumatism is as old as the hills, and great distances have been travelled, and vats of drugs swallowed, and myriads of plasters and soothing lubricants applied, and, particularly latterly, quantities of teeth and tonsils sacrificed by sufferers who would be rid of their aches and pains. Rheumatism robs us of our youth ; it is one of the most insidious complaints and the ruin of health and happiness. It is a disease which has a host of troublesome relations, such as neuritis, neuralgia, lumbago and sciatica, not to mention insomnia, recurrent bad throats, catarrh, chilblains, various forms of heart trouble, and many complaints of the digestive tract, such as gastric and duodenal ulcer, gall-stones and hæmorrhoids or piles. All of these are connected with rheumatism, and rheumatism simply means that the chemical action taking place within the digestive canal is unbalanced. The alkalis do not counterbalance the acids, and the result is that there is over-fermentation taking place in the stomach. Too much acid is thrown off and this passes through into the next part of the digestive tract, the duodenum, in such quantity that the alkali of the bile is incapable of effectively neutralising it. This condition is called hyperchlorhydria, gastritis acida, hyperacidity or acidosis. The blood, owing to this fermentation and decomposition, becomes charged with too much acid, and the first serious effect of the overcharge is that the most vital tissue in the body, namely, the nerve, is being constantly irritated.

From what I have previously said on the subject of the nervous system, it is obvious that irritation will weaken it

to such an extent that the systematic life of the body will be affected. An abnormal condition develops which often can, and does, have the most serious consequences and quickly becomes chronic.

Of rheumatism, Dr. Still has written as follows :

" I have long since been satisfied that all this so-called rheumatic suffering comes from the chemical action of poisonous fluids that should have been normally excreted from the system. I think it is an effect which is the result of impure compounds carried to and deposited in the vicinity of the joints of any part of the body. Bone adjustment according to this philosophy has almost universally given ease and has restored the parts to their original normal condition.

" I am satisfied that the difference between rheumatism and neuralgia is that in the former there is an irritation from fermentation of the surrounding fluids with the consequent suffering ; while in the latter we have an effect of a starved condition of the nervous system, or of some of the nerves being minus a full supply of nerve fluid, which is followed by the misery of starvation. When we remove the obstructing cause we have the proof of this reasoning, because normal functioning is the result in a very great majority of cases of so-called neuralgia.

" When any part of the body receives a jolt by a fall, a mental or physical shock or wound, many kinds of abnormal compounds and fluids are produced, confused, brought together, and circulate in the system. If these abnormal fluids are not returned in time, but are deposited in the membranes, congestion, fermentation or decomposition of the impure chemical compound follows.

" To illustrate what a shock or injury can produce, I will say that when a boy I went to market with a basket of eggs. In this basket I carried chicken, goose, turkey, guinea, snake, buzzard, eagle, blue bird and grasshopper eggs. I was carrying the basket on my head and when I came to the grocery store I stumbled and fell, breaking every egg in the basket. I scraped this conglomerate mess of eggs or glands into a bucket and watched it for a number of days with a powerful microscope. I found various changes taking place in the bucket. I was at a loss to know what to call the process when an old darky spoke up and said : ' I's gwine ter tell yo in sho't what am de 'formance in de bucket. It am nuthin mo' o' less dan rumaticks. It am de effect of bringin'

de wrong kinds togedder in de bucket an' dat's all der am to it.' He said : ' De doctor says " rumatoed " an' " arkitis " an' " osmofus " an' he keeps 'is mouf gwine 'bout all dese tings. He says " take dem drops " an' " take dese drops " : " jump inter hot water an' jump out." '

" This is a rough illustration, but it is a fact that a blow on the head, abdomen, shoulder, hip or foot can produce a shock of the whole nervous system, and the effect would be to stop the normal action of the kidney, brain, heart, lung and lymphatics. It will also affect the normal blood circulation, and stagnation, congestion, fermentation and the production of a poisonous fluid are the results.

" When venous blood has been obstructed and retained in the region of the spinal cord and of the cerebellum by impingement of muscle contractures operating to hold the upper cervical bones out from their normal positions, we have a condition that will result in rheumatism. To stop the return of blood from above the articulation of the atlas with the occiput until stagnation sets up in the venous blood will result in heat and inflammation. Constriction and stoppage of blood at this place long enough will form poisonous compounds that take the place of the healthy nerve fluid which should come from the brain. This poisonous fluid taken up by the pneumogastric and cardiac nerves is soon distributed to the entire body, and this delivery of impure fluids results in a stagnation in the heart, liver, kidneys and the entire excretory system. Here the mystery of rheumatism disappears. This applies to both acute and periodic or chronic rheumatism. Open the gates and let the bondman go free. I have worked accordingly and the results have been good and satisfactory."

" The mystery of rheumatism," as Dr. Still calls it, has indeed baffled physicians for ages ; for one thing, it is not one single disease, but a great number of symptoms which are not invariably due to exactly the same first cause. But the osteopath does know this much, that a great deal of the rheumatism in the world is due to some very simple slip or misplacement which, if properly adjusted, will effect a cure. For instance, a woman who had suffered for years with an apparently rheumatic pain in the breast was cured by an osteopath who discovered a twisted rib, which he put back into its place. A slipped

instep was in another case the cause of painful " rheumatism " in the foot. And so on.

There is also another form of rheumatism called bursitis. In this case you have pain in or near a joint which will extend down the limb and will often be accompanied by numbness in the arm and fingers. Bursitis is inflammation of a bursa or tissue pad found in the joints—a kind of water cushion for the joint. This inflammation often is caused by a wrench or strain, and it can nearly always be cured by osteopathy. Formerly the only cure was the removal of the bursa, and then the arm was never the same again.

Neuritis is often caused by slight displacement of one of the vertebræ of the neck, frequently that next to the skull itself. The slight pressure causes the chronic " headache " of which the patient complains.

Then there are all the rheumatic or neuritic pains caused by disease germs or their toxins in the blood and tissues or by auto-intoxications. Articular rheumatism is caused by a germ that may lodge in the tonsils and so proceed to the blood, becoming what bacteriologists call a " septicemia." Reaching the joints, the germ grows in the fluid that bathes the tissues. The body reacts to the germ in the form of inflammation, the joints swell up on account of the exudation from the engorged blood vessels, the sensitive nerve endings in the tissues are pressed upon by the swelling and the pressure causes intense pain. Osteopathy assists the body to make those antibodies which neutralise the toxins of the germ and cause the germ to be removed from the tissues.

Rheumatism is also due to pus pockets, where pus-forming germs find lodgment in the body, maybe in the tonsils, at the roots of the teeth, or elsewhere. In such cases removal of teeth or tonsils may be necessary, but the wholesale removal of teeth that has become the fashion lately is to be deprecated. In suspicious cases an X-ray photograph should be made of the area where infection is suspected, then, if clearly necessary, and not unless,

surgery should be resorted to, followed by osteopathic therapy to assist the body to defeat any germs that may have escaped and are harming tissue far removed from the original seat of invasion.

In localised rheumatic pains it is the anatomical lesion —the strain or maladjustment—that is to be looked for first of all. When the rheumatic pains are general, pus-making infection is indicated, but this does not justify the careless sacrifice of teeth so deplorably popular to-day. It has been my unhappy experience to treat many patients who have had all their teeth extracted without being a whit the better.

The common source of rheumatism is unquestionably internal auto-intoxication, commonly called "acidity" or flatulent indigestion, where for some reason—sometimes a nervous one—the lining of the intestine does not secrete its normal juices, or secretes them in too small a quantity. This upsets the proper functioning of the pancreas, with the result that the starches do not digest in the intestine and fermentation follows. Many such cases are directly due to spinal lesions which, when corrected, give relief and cure. Osteopathy assists, whether it be a germ or a lesion that causes the pain : in the one case, by assisting the body to fight its enemy, in the other, by putting into place that which had gone astray. Countless have been its cures when expansive spas, mineral waters, laxatives and purgatives have proved unavailing.

Few people realise that recurrent fermentation and accumulation of gas in the stomach, commonly known as wind, can have serious results, and that the excessive pressure caused in the small and, more particularly, the large intestine leads to a wearing out of the vegetable life of the digestive tract. More than this, it is also liable by congesting the circulation to cause an irregular heart beat, arterial leakage, faintness and, sometimes, complete collapse. Where there is a tendency to recurring chilblains, and in many cases of skin disease, such as eczema, which are generally the outcome of defective circulation,

the blood will generally be found to be in this hyper-acid condition. That is why, by osteopathic treatment of the digestive and nervous systems, splendid results are obtained in such cases.

A fact also little appreciated is that this acidosis or rheumatism is often the cause of chronic constipation, piles and a whole circle of other troubles arising from the original digestive irregularity. In dealing with hæmorrhoids, a very unpleasant complaint, I first attend to the digestion in order to get at the cause, and then, when the patient shows signs of general improvement, I send the case to a surgeon or doctor for local injection of the pile. Providing that it is taken in time, I have found that after only one month's treatment the fear of operation is baseless, and after three or four local injections the patient has been cured and has remained completely free of this disease thereafter. It were well that this fact should be more generally known, for piles constitutes one of the most prevalent and distressing ills of modern-day existence. In many of the cases which have been operated upon at considerable loss of time and great expense, the hæmorrhoids have returned within a few months because the original cause of the trouble has not been dealt with. In some sad cases which have come to my notice, alas too late to treat, this initial trouble has been neglected, and serious damage to the intestinal tract has resulted, with fatal results.

It must be remembered that piles are a symptom the origin of which is serious, situated as it is in the stomach or other vital part of the digestive tract, and no one can afford to neglect Nature's danger signal.

In hyper-acidity of the stomach it is generally found that too much starchy food is consumed at one time, which reaches the stomach and comes into contact with the hydrochloric acid, or gastric juices, without having sufficient alkaline from the mouth mixed with it. The result is that acid crystals are formed instead of everything remaining in solution through the alkaline action,

and, as it is impossible for these crystals to be assimilated, they are deposited in various parts of the tissues. Painful, inflamed and knotty joints are the result, and gout, lumbago and sciatica owe their existence to such action. Even more injurious than these are the ills caused by these harmful crystals being deposited on the walls of the arteries, for that most dangerous and fatal disease, arterio-sclerosis or hardening of the arteries, is one outcome. Gall-stones, too, are often the result of acidosis in the stomach.

Among the lesser evils of this dread digestive disease, but nevertheless one of the most painful, is neuritis, which, put simply, is irritation of the nerve caused by the hyper-acidity of the blood. In treating these extremely painful cases, say, for neuritis in the arm, I first concentrate on the whole digestive system, paying particular attention to the bowel, and—for it is useless trying to remedy the effect when the cause is still present—the diet. Many cases of recurrent headache and irritation are due to the same digestive disorder, and therefore it will be readily understood why, in dealing with this type of disease or diseases, I go back to the beginning and in my diagnosis look for the cause and eradicate this first.

Closely related to rheumatism or acidosis is rheumatoid arthritis, or "arthritis deformans," one of the most crippling of diseases and very prevalent in this country. It attacks people in middle age, and is an inflammation of the joints which, if allowed to develop, may leave the patient with a limb or limbs set fast in stiffness. Osteopathy has however yielded good results in cases of rheumatoid arthritis. One patient of mine, a lady aged forty-three, had her knee joints, feet and hands so seriously affected that she could only walk slowly and with great pain. I cured her after treatment lasting six months.

Many cases involving the upper as well as the lower limbs have responded to osteopathy better than to any other recognised science of healing. As in other manifestations of hyper-acidity, the nervous system, and through

this the digestion, is first treated, because to the osteopath this disease is due to a toxæmic condition of the nervous system and the indigestion so commonly found accompanying it. It is only after attention to the spine and the abdominal area and improvement in the patient that I treat the actual joints involved. The amelioration of the actual state is easily ascertained by the appearance of the skin, which becomes clearer, and by the relief in the painful joint. As the condition of the blood improves there is a decided change for the better in the inflamed and irritated joints. The system is now in a better state to respond to manipulation. In one severe case, where the hip and shoulder were immovable, I obtained sufficient improvement in the general condition of the patient to be able with the aid of an anæsthetic to free both joints so effectively, without causing any inflammation, that the patient, who had been in danger of losing her post as a teacher, was able again to take up her occupation. For a long while she had only been able to walk backwards. The treatment restored her to complete health and vigour.

Among my arthritic patients I have had some who were thoroughly crippled and could not walk at all. One woman over forty had legs so bad that she could not get about. A month's treatment enabled her to return to her Manchester home capable of taking her share of the household work, no mean one—for the Manchester woman is nothing if not a mighty cleaner. On the Monday after her return she tackled all the washing. The arthritis never returned, and the disease was definitely checked.

Another patient of mine was also a woman in the forties, who for five years had had the joints of her elbows and wrists so puffed that she could not bear the slightest touch. Her spine between the shoulders was also involved. I left the painful joints alone until I had treated the spine and got the blood and the organs working in better order. After a week of this treatment all pain had gone, and at the end of the second week I

operated on the joints under an anæsthetic. "But, Captain," exclaimed the nurse, "the swelling is going—right under your hands!" This was pleasant hearing, and I could tell that the swelling was subsiding visibly. My patient, on awakening from the anæsthetic, on feeling herself so free from pain and supple in her previously stiffened joints, thought the whole business a miracle.

This disease is most common in people from thirty-eight to fifty years of age, and in many cases it is due to shock involving some great stress or sorrow, which seems completely to disorganise the nervous system.

The effect of grief upon the body is perhaps insufficiently appreciated, for a merry heart is better than a shopful of medicine, and a cheerful attitude of mind cannot be too much encouraged, and parents should bear this in mind in training their children. At the same time, body and mind so react upon one another that it is difficult when in poor health to avoid depression. Also, it is impossible to avoid the nervous derangement and disorganisation resultant upon some great grief, and a certain amount of sorrow is the common lot of all. Nature has, however, as I have said before, provided the body with everything needed to effect its own cure so long as you give it a chance and allow it to function naturally. And when the body, if it goes wrong, has been put right, try as far as possible to cultivate a cheerful outlook and thought for others, since "Service is the rent we pay for the space we occupy on earth," and self-forgetfulness is good for the health. By so doing the body may be in a better position to resist the effects of any griefs that may befall the spirit. For a depressed habit of mind is lowering physically, while an optimistic habit has the reverse effect.

## CHAPTER VIII

# MANIPULATION UNDER AN ANÆSTHETIC AND PREVENTIVE TREATMENT

Fibrous adhesions, which in many cases are the cause of crippled joints and for which manipulative treatment is now recognised by the medical profession as the proper cure, I always break down under an anæsthetic. Stiffness due to adhesions may ensue after surgical operation when a limb has had to remain inactive for a period. First you get the injury, and then, through rest, the adhesion. This is one way in which an adhesion may occur, and many a swollen joint crippled by adhesions has in the past been wrongly diagnosed and mistaken for a case of tuberculous disease or " white swelling." Now, besides these fibrous adhesions in the muscles and tendons surrounding the joints, you can also have what are called deposits. In arthritis, for instance, you get deposits which have formed round the joint and tendons and which both irritate the nerve and cause further inflammation. The osteopath, by manipulation under an anæsthetic, breaks up these deposits, when the blood removes them. A joint that has been left unattended and practically fixed for a lengthy period and allowed to become very bad can never, naturally, be as good as it was before. Still, by osteopathic treatment the patient can get the maximum amount of movement possible ; for its manipulation removes the cause of pain and allows the patient to use his limb again.

After an operation for appendicitis, adhesions will occur *in the muscles that have been cut by the surgeon.* The muscles lie in layers, some upwards, some downwards, and some obliquely across. By the cutting of these muscles irrita-

tion is set up in the tissues and this causes adhesions to form in the deep layers of the muscles. Moreover, in operating, the surgeon often has to cut more away than he has bargained for, and in the process of healing adhesions are formed in the deep muscle tissue. In such cases, by manipulation of the lower end of the spine, the osteopath can get the blood supply working in the abdominal cavity, and through the action of the blood the adhesions will cease to trouble the patient. Manipulation of the whole area will also help matters, and so will special exercises. Thus, though one may not get rid of all the adhesions, one so builds up the nervous system and strengthens the patient that he or she no longer feels any inconvenience from them. There is also this additional advantage, that the trying secondary operation for the removal of the adhesions that so often follows the original operation is avoided. For one operation is only too apt to necessitate another, in a sort of vicious circle, as adhesions constantly follow operations. The surgical profession could, with advantage, often co-operate with osteopathy, particularly so in regard to after-treatment in nasal operations, for it not only tones up the patient, but one also always finds lesions at the spinal column after an operation. The disturbance caused by the shock to the nervous system reacts on the nerve centres in the spinal column, and to have these lesions readjusted will do the patient more good than to send him to the seaside, and he will regain his strength the quicker. Again, after the operation for appendicitis, the pelvis is usually found to be out of position, and manipulation will put this right.

The osteopath should work with the doctors, and the doctors with the osteopath, for the benefit of humanity, for there is a place in the world for every proved science of healing. This is becoming better understood by the medical faculty, and doctors send their patients to me and I send patients every day to the doctors. If a patient of mine, for example, refuses to consult the doctor I

recommend I cease treatment immediately; for the technique of the osteopath is constructive, not destructive, and when operations are necessary it is the doctor's duty. Gall-stones become so serious sometimes that an operation is imperative, but they need not reach so bad a state, for the root of the trouble is to be traced to lack of balance in the digestive tract. Put this right and you need not worry about gall-stones. When the doctor has X-rayed the patient and pronounced the trouble not serious enough as yet to be operated upon, it is a case for the osteopath, who can prevent them from becoming serious. Severe cases of indigestion have yielded to osteopathic treatment and been completely cured by toning up the nerves of the digestive tract and getting the glands to function normally, with the result that the balance between the alkalis and acids is re-established. It is when that balance is upset that indigestion in the shape of flatulence and constipation starts to be followed by gall-stones and other serious troubles.

It has become a fashion to remove the appendix, and at one hospital during the war there was a positive rage for taking out every available appendix, good or bad. One of the surgeons thus seriously addressed a particularly healthy and comely young V.A.D. nurse: "Now, nurse, won't you consider the advisability of having your appendix removed, especially just now when you could have it done without expense and by one of the best operators?"

"But," said the radiant girl, aghast, "I've nothing wrong with my appendix."

"Oh, but you might have," said he.

But she would not part with her appendix, and still retains the organ, and apparently without inconvenience.

Let us remember that Nature has fitted us with teeth and an appendix, not for the benefit of the dentist or surgeon, but for a specific purpose, and it is our duty to keep these and our other organs in healthy normal order, and not part with them if we can help it. Patients often

ask me what use the appendix serves, and it is a difficult question to answer. But it is at least a gland which secretes lymph, which assists the contents of the bowel to descend, and is admirably placed to assist in the lubrication of the gut. All who have had their appendix removed suffer from constipation, and the craze for liquid paraffin may perhaps be traced to the lack of natural lubricant.

Adhesions in cases of sciatica occur in the surrounding tissues through which the nerve passes. Many cases have come to me with toes clawed and heels drawn up, in which I first break the adhesions at the toes, then work upwards along the leg, stretching the limb and breaking adhesions as I go. This done, I turn the patient over and get rid of the tension in the small of the back, thus freeing the nerve at the spot where the source of the pain originated. All these crippled cases, from whatever cause they proceed, I treat under an anæsthetic.

I had a case of spastic paralysis in a man of forty-five, who when he came to me was only just able to crawl into my room, dragging himself along with the aid of a thick stick. In six weeks' time I had him walking normally. He had been poisoned in some way and afterwards this trouble developed. No one had so far treated him for what was really disease of the anterior nerve roots of the spinal cord. He responded so well to my treatment that he soon discarded his stick and was able to take walking exercise daily.

By osteopathic manipulation the shock of a surgical operation can in many cases be avoided if taken in time. This is especially so with women in the case of uterine displacement, where the surgical operation of stitching the uterus into place is bound to cause nervous shock. This is because when the uterus is out of position it will be found that the pelvis is also displaced, and if this is readjusted and the uterus manipulated back into its place the patient can be saved the operation and the consequent shock. Again, after childbirth, the

PLATE 13.—THE AUTHOR AT WORK.

[*To face p.* 90.

uterus is often propped up by a support, an inconvenience quite unnecessary were the patient to consult an osteopath, who would build up the abdominal muscles and put the uterus into position. With the strengthening of the muscles, the uterus would be kept in place, for if things are put back to normal they will stay normal. And if things are normal and there is adequate drainage and blood supply women would not get the tumours in the uterus that only too frequently occur, for these are due to congestion. The osteopath does not claim to be able to cure a tumour once it is there, for then there is nothing for it but the surgeon's knife—but he does claim to be able to help to prevent tumours from forming.

Money spent on prevention is a far better investment than that spent on cure. Avoid disease if possible, and remember that pain is your greatest friend, for it is Nature's warning that something is wrong. Spare no effort to ascertain what is causing the pain, and you will be saved much suffering and sorrow. Nine out of ten women who suffer at the menstrual period, for instance, could be put right by adjustment of the innominate bone and the reduction of hypertension at the base of the spine, and consequent nervous irritation.

There should not be pain at menstruation, and as a rule this pain is due to some lesion affecting the arteries. In such cases I usually find lesions in the spinal column affecting the pelvic girdles and involving the blood supply and drainage of the uterus. The first symptom of the trouble is a pain in the small of the back. The women who say they always have a pain in their back have a lesion in the pelvis as well, and if they would go to an osteopath they would get relief.

And in the two changes of life—when the menstrual flux begins and when it ceases—there is the same upheaval in the system of the woman of fifty and the girl of fifteen. The osteopath works on the vaso-motor nerves which serve the arteries, and gets these functioning better and in co-ordination with the cerebral spinal nerves. The head-

aches of the maid and the heat flushes of the matron can all be cured naturally. The whole thing as far as the body is concerned is circulation : find the cause of the congestion—clear it—and the cure is effected. The health of the flow of blood depends on co-ordination between one nervous system and another. Again, it is congestion due to inadequate functioning of the nerves that control the blood supply that causes the pain at menstruation. The cure is a matter of adjusting the blood supply. At puberty and middle age in women you have these upheavals in nerve reflexes, for things do not co-ordinate as they should. If not put right, matters get worse, for in this regard Nature has a way of working in a vicious circle. But when the osteopath adjusts and gets nerves co-ordinated there will be no further trouble.

There are so many ailments, states of debility, or conditions of tenseness or strain, where the tonic or the sedative, as applied not in drug form but by the hands of the manipulator, can give great relief. There is insomnia, for instance. To take drugs for this complaint is dangerous, for one gets accustomed to the drug and often the dose is increased with unfortunate results. In cases of this most distressing and depressing complaint I first tone up the liver and bowels, for insomnia shows that there is something wrong with the blood supply. To soothe the brain one must give it blood, and by manipulation at the neck and other parts of the spine I get that blood to the brain and establish better drainage.

I was once called in to attend to a lady who had been lying in bed for three months with a weak heart, and both she and her physicians had apparently come to the conclusion that she must accept her fate as a chronic invalid. I felt confident that I could cure her, and, after getting her abdominal wall toned up and her spine articulated, her nerves and her blood started to function normally, health returned, and she was soon a remarkably cheerful and fit woman.

Osteopathy also achieves splendid results in cases of

neurasthenia ; for here again, by manipulating and controlling the nervous system, the osteopath gets a better flow of blood to the brain and spinal column, so that the glands function better and the irritability of the nerve centres is removed.

## CHAPTER IX

## MOTHERS AND CHILDREN

As I have already shown, the menstrual period from commencement to cessation plays an important part in the life and health of women. Amongst its many ills are some serious and others not so grave as irritating. In the majority of cases, however, the extreme pain appertaining to this particular ill, combined with its disorganisation of the ovarian uterine circulation, becomes so disturbing an element in the life of the female sex that it often alters the whole mental outlook of the patient.

The most prevalent manifestations that occur under this condition are pain at menstruation, sickness, headache and pain, often most acute, in the small of the back. As in various other troubles, the first thing the osteopath looks for, and usually finds, is tension at the spinal centres ; that is, lesion in those areas where the nerves issue from the spinal canal to communicate with the arteries and glands and the sympathetic plexuses connected with the ovaries and uterus. These nerves are to be found in the spinal column from the sixth dorsal vertebra downwards (see Fig. 1). The next matter demanding attention is the position at the base of the spine, or the articulation of the bones forming the pelvic basin (Fig. 3). In almost every case these will be out of place in patients suffering at such periods, and, if so, it is impossible for the ovarian-uterine circulation to flow normally, as both uterus and ovaries will be out of normal position. For if the case enclosing these organs is out of alignment, it must naturally follow that the contents will be so also. The osteopath first corrects the tension, so that the nerves going to the uterus are no longer restricted

in their action. The pelvic basin is then readjusted, and at the end of the treatment the uterus is manipulated through the abdominal wall, the entire treatment being completed without pain or discomfort to the patient. For one with a scientific knowledge of manipulation it is a comparatively simple matter to get the uterus back into its normal position by this means, and I never work from within, because it is not only unnecessary, but is opposed to the dictates of hygiene and reason. This is

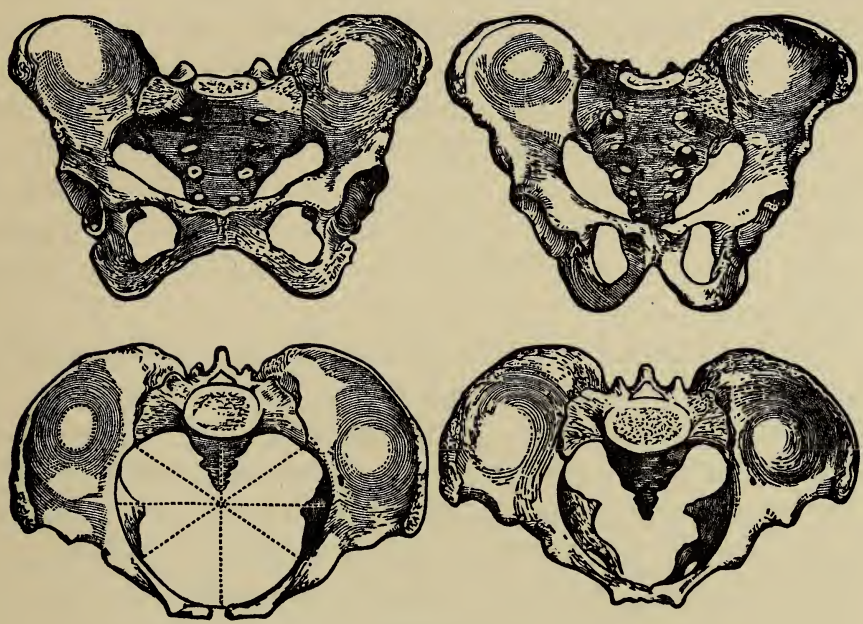


FIG. 3.

*Top :* Male Pelvis. *Below :* Female Pelvis.
*Left :* Frontal View. *Right :* As Seen from Above.

one great advantage the osteopath possesses, for with his knowledge of the nervous system he can do everything better from without. In my experience, sufferers from menstrual disturbances respond splendidly to osteopathic treatment, because it re-establishes the normal circulation and drainage to the parts affected, and by relieving congestion rids the patient of pain and sickness. Once the base of the spine has been readjusted, and the tension caused by malalignment eased, the circulation becomes normal and the trouble need never recur.

Cases of chronic headache are often traceable to disturbance in this ovarian-uterine field, and to the congestion of the circulation through the malposition of the pelvis. In such cases my first examination is always to determine the position of the organs in the abdominal cavity, for irritation of its large sympathetic nerve plexuses results in mental irritation. Few people appear to realise that the whole of the digestive tract is directly linked to the brain by connecting nerve fibres, and that indigestion or other similar troubles can cause such depression and morbid fear that I am confident many of the suicides of to-day can be attributed to this cause. For these poor people, thinking that they are going out of their minds—through ignorance on this point—take the ignoble "way out" to save their families greater disgrace. If, therefore, you feel melancholy and wretched, worry about your digestive organs rather than your brain !

Swellings of the ankle and the lower leg which arise in many cases of ovarian-uterine trouble are treated with singular success by the method of readjustment, and not only is the abnormal amount of fluid in such swellings got rid of, but as a rule it does not return. The cause of this disability is invariably found in the ovarian glands within the pelvic cavity, and is generally due to the position of the pelvis being faulty—a left or right innominate displacement. The treatment for these cases is to re-establish the normal circulation between the trunk and the limbs ; and, this done, the trouble should not recur.

If what I have already written has been understood, it will readily be seen how important it is that, following childbirth, it is of vital necessity that the mother be readjusted by an osteopath. For the great strain and stress so bravely borne by most women at such a time demands a physical price, and it is important that the lower end of the spinal column and the bones forming the basin of the spine should be attended to as soon as

possible after recovering from the confinement. This treatment helps to restore to normal the circulation which has been seriously disturbed by the violent nerve reactions at parturition, and from which many mothers suffer continually. Without osteopathic assistance some cases take a long time to recover their normal strength, if ever, because of the failure to re-establish circulation and drainage of the pelvis, or to readjust the position of the bones. As Heilborn says in " The Opposite Sexes " : " The form of the female pelvis conforms to its two main tasks : the balancing of the trunk and the duty of motherhood." And here you have the whole story of the importance of correct alignment in this region of the body.

It cannot be too strongly emphasised, also, that it is essential for the patient to see an osteopath, as well as a doctor, when she becomes pregnant. Very frequently some readjustment of the position of the base of the spine will be found necessary, and if this is done at once it will mean that the mother will be in a much happier position to bear the child. Often it is the malposition of one or more parts of the pelvic basin that, at the time of child-birth, creates difficulties which sometimes end in the tragic death of the child, the mother, or both.

In the United States of America and in Canada practically every woman has an osteopathic doctor, as well as her medical attendant, during this period, and the one with his art and the other with his especial knowledge of body mechanics work in conjunction for the benefit of the patient. The advantages are obvious, and the effect on the race, both present and future, may be appreciated if the subject is given serious thought in reference to establish facts. Child-birth should be normal and safe, and is so with native races. Civilisation imposes stresses and faulty positions which thwart Nature and call for the help of the osteopath.

The coccyx, or terminal bone of the spine, is an articulation that it is all-important to inspect before child-birth, for it should move freely. Unfortunately, this is

not the case with the majority of women, for either through faulty articulation or from adhesions this bone is often found to be fixed, or to have moved so much out of position that it will seriously interfere with the process of parturition. Though serious, the osteopath finds little difficulty in putting this right.

My experience with regard to babies may be useful to mothers, for children of from two to four years of age are often brought to me suffering from fits of crying, difficulty in resting and sleeping, and recurrent attacks of sickness. In most of these cases I find the cause to be some malplacement at birth or shortly after birth of the basin of the spine which contains the abdominal organs, and which has remained undetected and uncorrected, with the result that a constant irritation is set up throughout the sympathetic nervous system, on which the digestion depends. The latter becomes disorganised, setting up recurrent or continual irritation within the central nervous system of the child. There is little difficulty in curing such cases, for the delicate mechanism of the baby's body lends itself well to osteopathic technique, and by gentle pressure on the nerves concerned and easy manipulation, quick readjustment of the structures is obtained, resulting in almost instant relief from the irritation and consequent normal digestion. I have cured several children whose parents came to me in complete despair and as a last resource ; cases where their children have been continually crying for days on end. In every case a few minutes' work on the spine has resulted in stopping the persistent wail, and a few treatments have cured the condition. This shows how effectively the nervous system is relieved by osteopathy, and if parents would only realise that much sickness is avoidable, they would consult an osteopath at least twice a year to ensure that everything is in normal alignment, and to save the distress caused by their children's ailments. In its early years the child's nervous system is in process of formation and the spine beginning to take its

normal curves. It is within the osteopath's power to guide and strengthen the whole backbone, and indeed the whole system, and the result would be greater strength and better health in later life. This is well understood in the U.S.A., and it is quite time that it should be known in our own great country.

The coccyx, which is all that remains of a former tail, is made up of a row of stunted vertebræ. In many cases where young people have developed spinal curvature, some so bad as to have the whole spine supported in a plaster of Paris splint, I have found, on examination, that the trouble had originated in a fall which had misplaced these little bones at the end of the spine. From small causes spring great effects, and owing to this misplacement not having been discovered and corrected, the injury has gradually thrown the whole of the spinal column out of position. In one particular case, a girl of nineteen had been ill for two years and was gradually getting worse. For a whole year this poor girl had been compelled to have the whole of her back enclosed in a splint of such magnitude that it looked like a small coffin. In one week's treatment I was able to correct the malalignment of the terminal bones, or coccyx, to such an extent that she was able to walk without pain and to discard this horrible "plaster tomb." For when these bones are out of alignment, abnormal pressure is created in the movement of the legs in walking, so that the large nerve ganglion situated in the rectum becomes irritated, and, in consequence, not only will every step give pain, but the vital sympathetic nervous system is reacted upon, resulting in complete disorganisation of the digestion, constant headaches, and eventually more serious ills. This particular patient was well on the road to permanent and complete crippledom when she came to me, and yet after only a month's treatment she was completely cured, so much so that, on returning home, she was able to play tennis.

This case is only one of many which might be brought

forward as examples, proving how essential it is for the future welfare of our nation that children—boys and girls—should be examined, twice a year at least, by an osteopath in order to ensure that everything is in normal alignment. When this is done, not only are parents spared expense in operations and doctors' bills, with the resulting anxiety, but the children grow up with a greater chance of proving a credit, both mentally and physically, to themselves and to the nation. Many parents, nurses and teachers in charge of children have an unfortunate habit of saying apropos of backward charges : " Oh, he (or she) is very slow ; but it is quite all right, he (or she) will grow out of it "—and leave it at that. Many a child's chances have been ruined for life by this absurd and unfair attitude. It is an idle way of avoiding responsibility, for, on the contrary, it is likely that such a child will grow up less physically fit, and in consequence less capable of holding his own in the battle of life than he (or she) otherwise might be. By the utilisation of the science of healing offered by osteopathy backward children can derive physical and mental benefits which make all the difference in both youth and later life, and save them untold pain and misery.

And here, with regard to injuries to the coccyx, I would like to mention a case that I consider one of my happiest, that of a lady of eighty-four, who had suffered a severe fall and who was brought to me to see if anything could be done to avoid an operation which, at her advanced age, was not thought advisable. In spite of the anxiety of both the patient and her relations (who watched my treatment) as to whether it would hurt when the bone was being put back, I both manipulated and talked at the same time, assuring them that all would be well. Presently I succeeded in getting the bone back in its normal position, to the considerable astonishment of the patient, who had felt nothing. This also proved a complete cure, and she experienced no further trouble arising out of the fall.

Another lady who came to me had suffered from a pain in the tail of the spine for some three years, dating from the birth of a child. She had tried everything to alleviate or cure the condition without avail, and had been finally sent to bed and told that she had a nervous breakdown. Fortunately, she was a person of character and was determined not to accept this diagnosis, so came to me. A careful examination showed that she had the innominate bone and the coccyx both out of position, with consequent irritation of the ganglion in the rectum. So simple was it to cure this condition that I succeeded in three treatments. Before this patient came to me to be treated herself she had sent me her child, the innocent cause of her trouble, as patient. He was definitely mental—an undeveloped child of seven years of age, suffering from skin trouble, who from babyhood had had a dreadful habit of scratching himself. His brain was undeveloped, and he had a stony stare, but after a month's treatment his legs had improved, and his father, who saw him for the first time after treatment, found him looking like a normal child. In treating this serious case, I first knocked off all drugs, finding it difficult at first to deal with the child, for the itch had got on his mind and he could not forget his discomfort. Soon, however, I got the blood circulating properly in the brain and the glands acting, and the skin trouble, with that, started to heal. This testifies to the power of osteopathy, for as soon as the nerves and blood were freed by adjustment of the pelvis, and I had got him balanced properly, the itch ceased. From the onset his subconscious mind was able to work, and soon he had beautiful legs in place of the distorted limbs he had arrived with, strong hands instead of puny, and he had left off the screaming, which had been unceasing at first. Even the osteopath cannot claim to develop brain, but I succeeded in putting anything right which should help this poor lad to develop his brain of a child of three until it becomes normal. He has only to catch up now, which is a matter of patience. Before

my treatment he was doomed to a life of hopeless imbecility.

His sister was next sent to me from school, a normal, healthy girl, but at an age when girls get somewhat nervy and things are not balanced as they should be.

This is a wise precaution, for the hard games that youngsters play at school render it necessary that their bodies should be examined regularly to ensure that everything is in order. Where this is done, my experience has been that they make greater progress at school, not only in sport and physical prowess, but, above all, in their studies. I remember the case of a boy from a leading public school who had suffered bad reports both for games and lessons. During this time he had experienced much pain and difficulty from his feet, which failed to be relieved by the regular and expensive treatment he had received at school. When brought to me, during the holidays, I found that his whole spine was very badly out of alignment, and that the foot trouble was but secondary to this far more serious condition. Although of long standing, I experienced little difficulty in rectifying this, with the result that, on returning to school three weeks later, his mental powers were found to be so considerably improved that he was moved up two forms; whilst his physical improvement enabled him to enjoy his games and get on well with them. There is an amusing side to this story, for when I met the boy's father some time later he gave me the impression that he was offended with me. On my asking the matter, he replied:

"Well, that boy of mine, you know——"

"What's that, isn't he all right now?" I asked.

"Yes," he answered, "he's more than all right; they have moved him up two forms at school."

"Well, what's wrong with that? Isn't it satisfactory?"

"Oh, yes," he said, "it's splendid; but, you know, that beats me. When I was there I was never moved up two forms at a time." And then he laughed, and I

appreciated that his attitude had been adopted to pull my leg.

The explanation of the truly remarkable improvement in this boy's state of health is simply that his spine had been out of alignment practically from birth without being detected. As a result he could not normally develop either physically or mentally, for the blood supply to his brain was being continually interfered with, placing him at a disadvantage in regard to general health and strength. For no machine can run smoothly if its mechanism is out of tune. A condition such as this applies to a considerable percentage of those boys and girls at school classed as idle or incompetent at both lessons and games, and their parents are well advised to seek the advice of an osteopath in such cases. Surely, as much attention should be given the body as the teeth, and if the latter need attention twice a year the whole internal system requires equally regular examination. There is another great point also to be considered, and that is the growing nervous system of the child, for this experience has proved that no science of healing exists which is of such great value in both assisting to develop and in strengthening the nervous system as osteopathy. Falls at football or strains in other sports affect the growing boy more than most appreciate, and such slight derangements handicap the normal work of Nature and prevent the spinal curves developing as they should. When a boy is not growing as he should, but remains stumpy and retarded, a course of osteopathic treatment gives quick and satisfactory benefit.

Many false impressions exist, and among them the idea that growing pains are natural. This is quite wrong, for more often they are the precursory indications of rheumatism and acidosis, which could be prevented by a little attention to diet. Dieting may seem an unnatural thing for a boy ; but appeal to his intelligence, and nobody will respond more readily. Many sons have been brought to me by parents who were annoyed with them because they

would not hold their heads up. For months they had endeavoured to correct this habit, calling the poor lads lazy and careless, but without result. Upon examination, I have found that the curves of the spine have developed so badly that the bottom of the back was displaced, making it quite impossible for them to hold themselves upright. After six treatments all these cases have responded so well that they have been able to run long distances twice a week, and at the end of twelve treatments all these cases were completely cured.

The more one sees of the schoolboy of the present day, the more one realises how necessary it is to impress upon parents the need of a periodical overhaul, particularly at the end of term. Unquestionably many boys are overworked in the playing fields, and though the over-trained boy may not break down during the school-days, in manhood he must assuredly fail in physical health and strength. This because the gradual overstraining of the growing nervous system leaves an insufficient reserve of nerve force for Nature to draw upon in sudden illness or adversity. The brain and nervous system of a normal person contains a surplus of nerve or vital energy which can be called upon for any abnormal mental or physical effort. In many cases of epilepsy developed in boys of fourteen to eighteen years of age where no trace of hereditary tendency can be found, enquiry will often show that they have been exceptionally keen on games. Much as I love all forms of sport, I cannot help feeling that a too energetic pursuit of games, combined with hard mental study, at some public schools results in imposing a strain on both brain and nervous system that culminates in a permanently over-wrought condition.

In treating many such cases I have obtained excellent results, for I am convinced that epilepsy is a weakness inherited or developed in the nervous system, and osteopathy forms the finest science for building up the vital nerve cells in both brain and spinal cord.

A warning should be given to those undergraduates

who, after being accustomed to playing regular and hard games at school, devote themselves so assiduously to study at the university that they give up games altogether—as great a danger to mental and physical well-being as taking too much exercise.

What has been said with regard to public-school boys applies equally to elementary-school children, and for the sake of the future of our nation it is to be hoped that they too shall have the benefit of osteopathy. I myself have often treated children with flat feet, or knock knee, and put their troubles right in a very short space of time, sometimes in one treatment. It often happens that in such cases not only are the arches of the feet out of position, but that the base of the spine is affected ; but once this is put right it is an easy matter to set the knee, ankle and foot into alignment.

In my East End free Clinic I have now treated over 2,000 cases of from two to eighty years of age, and the gratitude and kindness which my nurses and myself have received from sufferers to whom we have brought relief has been most touching. The number of complete cures we have managed to effect has more than repaid all our efforts, for no happiness is equal to that of being of service to others.

Among the many interesting cases I have had in the East End was one of infantile paralysis in a boy of eleven. Poor little fellow, he had never had the use of his right arm, which was drawn up at the elbow with the hand doubled over, while his right leg also was very weak. At first it seemed a hopeless case, but I was delighted to find, after three weeks' treatment, that the leg was considerably stronger and the patient able to walk with much greater ease. In addition, he had commenced to get power in his crippled arm. He used to talk to me about boxing, and I encouraged him all I could to use his hands, until he commenced to arrive for his treatment with his knees cut and bruised. Puzzled about this, I sent for his mother, and found out from her that the lad had

been fighting with the boys in the street. He progressed steadily until, at the end of eighteen months, his mother came to ask me to tell her son to stop "looking for trouble," saying that he had become such a terror to the neighbourhood that he had got her into bad repute. I could not share her distress, for I was now certain that the boy was sound again—far better than in my most optimistic moments I had thought it possible for him to become—and that he would grow up a healthy citizen.

Though some of the cases of infantile paralysis which have come to me had been previously treated by electricity and massage without result, osteopathic treatment has given both rapid and definite improvement. This is because the manipulation of the spine brings the blood to the nerve centres in the spinal column, where the disease has been allowed to develop at will, stimulating them to new activity and activating the glands of the whole body. Renewed activity strengthens the blood greatly, and all this combined together brings fresh vital energy to the paralysed limbs. When my patients are able to flex and reflex those muscles which they have been unable to move for many years, I add electricity to each treatment. Not only have excellent results been obtained in the case of children, but I have treated women of from forty to sixty years of age, including one who had been paralysed in both legs through an abscess on the spine following child-birth. All these adult cases had failed to respond to the ordinary orthodox treatment, while most had explored every avenue of treatment to obtain a cure before coming to me ; yet osteopathy succeeded where all else had failed, and I was fortunate enough to be the means of bringing complete cure to the majority, and immense improvement to the remainder.

## CHAPTER X

## GLANDULAR TROUBLES IN WOMEN

I HAVE mentioned glandular disturbance as a factor in the ailments of women, and before proceeding it will be necessary to give a brief outline of the functions of the glands and the lymph, which are quite as important as those of the blood and nerves, for few perhaps realise that the human body contains three times as much lymph as blood. This lymph, a slightly viscid, alkaline fluid, nearly colourless and odourless, is an essential body-juice. It is derived from the blood, being exuded from the blood capillaries, and is carried in minute vessels which permeate the body to all the cells, fulfilling its mission of both supplying them with nutriment and receiving their excretions, for the cells depend upon lymph for nourishment and drainage. The lymph vessels pass through many lymphatic glands on their way to the blood stream, which they finally enter by ducts, and traverse the arteries after entering the pulmonary circulation, where the lymph is again charged with oxygen. Without continual lymph supply we would quickly waste and die, for it filters, feeds and repairs our bodies, and maintains a condition of health by draining the excretions of the cells and keeping them in a healthy state.

Obviously, it is beyond the scope of this book to treat adequately so large a subject as the lymphatic system, but I must stress the great importance of the lymph flow—to the osteopath as important as the blood flow, both of which he is able to assist or control by manipulation.

Besides these lymphatic glands there are also true glands, which manufacture special secretions from the

blood. Of these, there are the duct-bearing glands, such as the liver, kidneys, the mammary and sweat glands, whose secretions are more or less limited to the particular organ into which they open, and the ductless glands, whose secretions pass directly into the blood or lymph stream. The latter include the very important thyroid, adrenal and ovarian glands, which exercise an enormous influence on the physical well-being and mentality of the individual. "The microbe," says Leonard Williams, "the seed, has ruled the immediate past: the future is with the soil, the Endocrine glands."

There are two distinct types of obesity, the first of which is due to lack of balance or metabolism in the digestive tract, between the alkalis and acids. In this condition, a certain percentage of food consumed is not assimilated owing to this lack of co-ordination in the process of digestion, but remains in the tissues in the form of fat. This process of viscous deposit gathers momentum the longer it continues—for Nature never allows anything to stand still—until the over-taxed organs sag and drop owing to the abnormal strain, and we get another example for that satire which an unfortunate fat person always induces.

The other type of fatness is of glandular production and is due to the improper, or faulty, functioning of glands throughout the body, which fail to co-ordinate with the blood. The business of the lymph is to bathe the tissues all the time and to collect waste matter, which it returns to the blood for elimination, and if a condition such as this is produced, in which vital glands do not function normally, unless corrected, serious results are likely to follow, and other glands throughout the body will become involved. Women with enlarged breasts, for instance, are always found to be thick at the neck and gradually swelling all over. This is mistaken for fatness, but this is not so, but something far more serious—glandular disturbance. That this type of glandular trouble is mostly confined to the feminine sex is because women possess mammary and ovary glands, which resent

PLATE 14.—GLAND TROUBLE.

[*To face p.* 108.

interference with their activities. Fortunately, it is a trouble that responds to osteopathy better than to any other form of treatment. Cases have come to me in which the breasts were so enlarged and pendulous that they were falling down as low as the hips, but I have succeeded in restoring their condition without operation. This I have done by getting the glands to function normally, which results in removing the congestion which has caused such painful and unsightly enlargement.

Even goitre responds to osteopathic treatment, especially if it has not been allowed to go too far.

Girls at puberty suffer much from glandular trouble, because at this critical time in their lives the balance between the blood and glands is not properly established. Many serious illnesses which lead to chronic trouble spring from this cause, for if the glands do not begin to function properly in co-ordination with each other the child, as she grows up, will be sluggish in learning, dull in appearance, slow in movement, and will, in other words, lack all the essentials for ease of manner and grace of movement, whilst deprived of the full joy of life. I have treated two very bad cases of this type of glandular disturbance. One, a girl of eighteen who came to me practically incapable of walking, and who, before many months, would have died of dropsy ; the other a girl of twenty in a very similar condition. The first poor girl was so terrible to look at that she had been kept as secluded as possible, and both were four stone heavier than the normal weight for their age and height. Although blind, I could tell the misery of these two poor girls, suffering from a condition which had already ruined their school life, and now threatened to end it in this world (see Plate 14). And I cannot recall, of the many thousands of cases I have had, any which gave me greater happiness in curing. It could not be rapid, but within a year I succeeded in restoring both to health in mind and body. After eight months' treatment one was down to 10 stone,

was able to dance every day and drive her own car in London. Both girls were permanently cured, and are now fit, vivacious and happy women.

Many other cases have come to me where the body had become glandular and dropsical, but none so serious as these two, and I am definite in saying that if girls at puberty were taken to an osteopath, better health, mentally and physically, would be assured them and such dangers as this would be avoided.

It is generally understood that the glands of internal secretion have an important influence on the growth and disease of the body, and the part played by the thyroid gland in cretinism and goitre is well known. But in cases in which gland trouble arrives with puberty, the administration of gland extracts, a treatment so popular with some members of the medical profession, appears to have little, if any, effect ; whilst that there is risk of serious damage to the tissues by this method of treatment is shown by the neck becoming more enlarged after a course of thyroid gland extract, owing to the irritation of the thyroid and parathyroid glands in the throat. I am convinced that if the girl-child was treated by osteopathy when menstruation first appeared it would generally be simple and straightforward work to get the glands properly balanced and working in harmony with each other. For these glands have their nerve centres in the spinal column, and by manipulation the circulation can be increased and made to stimulate the glands over the whole system, and relieve the congestion which occurs at this period of life in the ovarian-uterine circulation. If proof be required it is surely afforded by the two cases already mentioned, in which two young women were restored to their normal state, both mentally and physically, from a most serious condition, entirely by this system of treatment. It took a year, but had they come to me at the dawn of puberty I could have corrected the developing situation within a few treatments, the girls would not have suffered at all and could have remained happily at

school, instead of losing health, looks, education and companionship. Their osteopathic treatment at thirteen would have cost perhaps £10 for complete happiness and health instead of the thousands of pounds expended on their treatment before they came to me—by that time regarded as hopeless.

Another type of case which in my experience responds well to treatment is that of swelling of the breasts in which the mammary glands are involved. After many months of anxiety and pain this condition often results in requiring an operation, but I have found the osteopathic treatment in its early stages of great benefit in preventing its further progress.

Many proud parents, unfortunately, do not realise that their plump and apparently healthy child is suffering, not from fatness, but from the unnatural outcome of a misfunctioning of the glands. Parents, indeed, are singularly liable to put down to laziness a sluggishness that is really pathological. On the other hand, it is a fatal misconception, and one most prevalent to-day, to imagine that ordinary exercise will correct abnormalities. To over-exercise young people suffering from incipient malformations or ills such as I have described can only have the result of causing serious damage to the developing nervous system and to vital organs such as the heart. It must be clearly understood that readjustment of alignment cannot be effected by any course of exercise, and not until this has been completed by an osteopath should systematic exercise be attempted. If I repeat myself, the importance of periodic examination by a qualified osteopath during the growing age cannot be too strongly urged, for it is a critical period when the balance of the body is most essential and the adjusting and strengthening of the backbone necessary. Where this is done the child develops with every advantage to both body and brain, owing to the blood supply and the needful drainage being maintained at the maximum effective point. In other words, the backward child, as it is so aptly expressed,

will become quick and intelligent, and responds immediately to osteopathic treatment, because its readjustment enables it to gain the carriage and balance of the body necessary to full health, which leads to improvement of the circulation, the system's most sure defence. Particularly is osteopathic supervision advisable for normal healthy girls between the ages of thirteen and nineteen, when the spine is forming into its natural curves and any tendency to glandular disturbance can be checked at the onset. For girls thus adjusted at this period of their lives do better at school in work and games and, in womanhood, are saved many of the serious ills from which women suffer and which, in marriage, prevent them from having children.

## CHAPTER XI

## ON ATHLETES AND SPORT

It has never been sufficiently impressed upon any of us that the real essence of life is relaxation, and, particularly to-day, people are far too fond of over-doing everything—and this is true of the pleasure-seeker, the manual labourer, the brain-worker and the professional or amateur sportsman. It may, indeed, be taken that people who are fit and healthy always do too much, not realising that relaxation is essential to a continuance of fitness and success in either work or sport.

My experience has been that hard training of any kind produces over-tension in the motor nervous system—that is to say, in the nerves going to the muscles ; and thus the runner or the football-player tends to become slower in pace, although unaware that this reduction in speed—attributed to other causes—is actually brought about by hypertension in the nervous system.

No one cracks so quickly as the perfect gymnast, who trusts in his strength and hard muscles and forgets that he is sacrificing vital nerve force in overdoing violent exercise, with the result that as he gets older he suddenly breaks. Men drain themselves, so to speak, in an excess of physical and mental exercise, without appreciating this fact, until the time arrives when they have no reserve of nerve force left to draw on. How many sad cases of this sort have I been compelled to treat !

I have often said to men who are so satisfied with themselves and so sure in their strength : " Wait till you're forty ! " For it is in middle life that the strain begins to tell, although many of its dangers are avoidable. Faulty blood pressure, for example, that so often comes with

increasing years, can be avoided—resulting, as it does, from inattention to the principles of osteopathy, and contraction and hypertension caused by avoiding one thing.

Variety—relaxation—is what is needed. I am myself often very tired after my day's work, for it is both physically and mentally exacting. At such times I always have the sense to feel too tired to eat, and appreciate that to eat in such a condition means that one cannot digest one's food. On such occasions I make a point of visiting the Bath Club, with its excellent facilities for sport, and after some healthy exercise there, perhaps only for ten minutes, I return home refreshed in body and mind, and able both to enjoy and digest my dinner. This happy result has been brought about by my having given myself a " change," as the saying is, for variety is one form of recuperation.

This is confirmed by leading scientists of the day whom I have had the honour of meeting, who, when weary after a hard day's work of a sedentary nature, take a little exercise before their evening meal, with the result that they feel refreshed and are able to work until late at night. Brain-workers frequently act in as mistaken a manner as athletes, often seeking the relaxation Nature dictates to the tired brain by means of alcoholic refreshment, so deceitfully soothing and easy. The result of this harmful artificial substitute for exercise is that they fail to get the circulation to the brain, and eat their food on a tired, nervous system, courting dyspepsia. Instead of this, brain-workers should have a good walk in the open air, or go to a gymnasium and exercise, until the nervous system is relaxed, after which life will once again be worth the living, and the body and brain restored to full activity and health.

All athletes should consult an osteopath once a month in order that the hypertension throughout the muscle system may be relaxed. Were this done, many a " falling star " would be amazed to find how quickly he or she

could return to fame, for vigour and staying power would be restored to tired muscles.

I had one case in which trouble started by a rick in the back caused by an accident at tennis twelve months before I saw the patient. At the time I was staying at an hotel in Cowes, where I was racing my yacht, and was disturbed one night by a sound—a sound I particularly dislike—that of a flat foot walking about overhead. Next day I jokingly said to the manager : " Either that foot must go or I must, for it prevents my sleeping and I could quite easily cure it ! " He replied that it belonged to a night nurse attending on a patient on the floor above. I had only complained in fun, and was therefore embarrassed when I was told next day that this patient's doctor wished to speak to me. I found, however, when I met him that he wished me to examine his patient, whom I found to be a man lying prostrate in bed, in terrible pain. His badly ricked back had set up inflammation in the muscles and the sciatic nerve had become involved all the way down throughout its course, resulting in pain so excruciating that the patient could not turn in his bed. Two nurses were in attendance, and the doctor had beeh injecting morphia for ten days to alleviate a condition he was powerless to cure. In eleven minutes under an anæsthetic I succeeded by osteopathic manipulation in completely curing this painful condition, and left the patient free from pain. This was at 8.30 a.m., and in the afternoon, when I had finished racing my yacht, I returned to the patient and made him get out of bed and perform certain physical exercises, including the Army " heel-raise and knee-bend." These he did without discomfort, and I then said as I left him : " Now dismiss that night nurse, or I'll put out every bone in your body if you don't ! " The following day I gave him treatment again in London, and he then returned to his work as an officer of the Royal Flying Corps, and has had no recurrence of pain since.

In cases of injury to the elbow or wrist sustained in

cricket, football or golf, local treatment often fails because the cause of the trouble is not at the seat of the apparent injury, but at the base of the back, and these obscure spinal injuries especially call for the osteopath's knowledge of the mechanism of the body.

Take, for example, the so-called "tennis-elbow," which some are stupid enough to endure for years, thinking it a chronic condition. In reality this is caused by the shoulder girdle being out of position ; and one long-standing and severe case of this kind took me less then ten seconds to remedy, the patient's shoulder being put into position and allowing him to play a good round of golf directly afterwards. There are thousands of such cases in which, though the pain and visible hurt is in one place, the actual cause is a deep-seated injury elsewhere, and must first be located and put right if the external injury is to disappear—peculiarly the osteopath's special province.

To quote a piece of advice applicable to athletes young and old, given by Mr. Hornibrook in his "Physical Fitness in Middle Life," as to "Why do athletes and robust people die of pneumonia ?" he says :

"Pneumonia is an acute infectious disease, respecting neither age, rank nor sex. It is the result of infection of the lung tissues by the germ called the pneumococcus. It is serious because the air-cells in the lung become filled with an inflammatory secretion, which prevents the air from entering. If enough lung escapes to carry on the work, the patient gets better, but if the disease is too extensive, as when it attacks both lungs, the man dies—dies of mechanical suffocation. As we are all exposed to infection with pneumonia, and as it is probably the exception to find an individual who is not nursing some of the germs in his air-passages, the wonder is, not that a few succumb, but that any escape. Anything that lowers our resistance, such as fatigue, cold or hunger, increases the risk of infection : and the athlete is often fatigued by the effort he puts forth, often overheated at its conclusion, and often disregards the dictates of experience in the matter of taking precautions against chill. Similarly anything that raises our resistance, such as

well-developed lungs, and clean bowels, necessarily decreases the risk of infection. In these two respects the young athlete is very often tried in the balance and found wanting. The middle-aged, constipated, obese ex-athlete is necessarily still more susceptible to this dangerous infection. In his 'Respiratory Exercises' Dr. Harry Campbell refers to the value of lung culture as a preventive of pulmonary disease. He says :

"'The more perfectly developed the lungs, and the more mobile the thoracic cage, the less is the tendency to such diseases as phthisis, bronchitis, and pneumonia, for instance. This is a well-recognised fact. Nothing is more certain, for instance, than that small ill-developed lungs are prone to tuberculosis. . . . Not only do good pulmonary development and free thoracic mobility tend to prevent lung disease, but they place the individual at an advantage should he happen to develop it, both on account of the high resisting power belonging to the well-grown lungs, and on account of the large margin of reserve that goes with them. It is because of the smallness of this reserve in those with ill-developed lungs that they are so liable to succumb when attacked by acute pulmonary disease, and it is very largely for this reason that the danger from it increases with every year after middle life, the reserve diminishing as emphysema and thoracic rigidity advance.'"

In my free clinic for the poor in the East End of London I treated a patient of about forty who was keen on boxing. He was suffering from severe debility in both legs, which greatly improved under treatment until his recovery became such that he experienced a desire to repay me by giving me lessons in boxing. Always keen for exercise of any kind, I jumped at his kind offer and told him to come early to my house one morning. On that day my nursing staff arrived at their appointed time to hear an unusual sound proceeding from the upper floor—a sound of heavy blows and stertorous breathing, which so surprised and alarmed them that they were afraid to ascend. Presently this noise increased, until their sense of duty overcame their fear and compelled them to come upstairs. There they found a room cleared of apparatus and my erstwhile lame patient and myself stripped to the waist, barefooted and with faces puffed from heavy blows, so

engrossed in the sheer delight of boxing that we both were utterly lost to all sense of time.

One of the best sportsmen I have ever met, the editor of a well-known newspaper and a man about my own age, once asked if he might come and have a chat on the subject of boxing. In anticipation of his visit I directed my man to prepare a room for boxing. On my friend's arrival he seemed unprepared for this practical method of approaching the subject, until I represented that the simplest way of seeing how a blind man can box is to have a few rounds with him. We had a splendid three rounds, the footman keeping time, and, excellent boxer as he proved, we both enjoyed the demonstration enormously.

Shortly after the occasion of my boxing in Paris for the *Société de Phare*, I was asked by the Headmaster of Harrow School to give a display during the final week of the boxing at that famous school on the "Hill." This invitation gave me immense pleasure, for it has always been a great joy to me, particularly since my blindness, to feel around me the atmosphere of youth and to be in the midst of a crowd of boys. It proved a great occasion and an immense success, and ever in my memory shall I retain that magnificent school song, "Forty Years On," surely a classic of its kind, and with a pathos which dims many an eye.

Not long afterwards I was asked to give a lecture at Eton College, and willingly complied, for I felt the signal honour of being given the opportunity of showing these fine youths how little blindness mattered if, by education, athletics and sport, one readjusted the brain and developed the sixth sense until after three years it was possible for a blind man to lose all sense of darkness. To enable me to bring this lesson home to my young audience, I showed them a film, "Victory over Blindness," which I had made some years previously at the request of Gaumont Frères, and which was greatly appreciated. Following the lecture, the Headmaster asked me as a special favour to revisit Eton and give an exhibition of boxing. I was

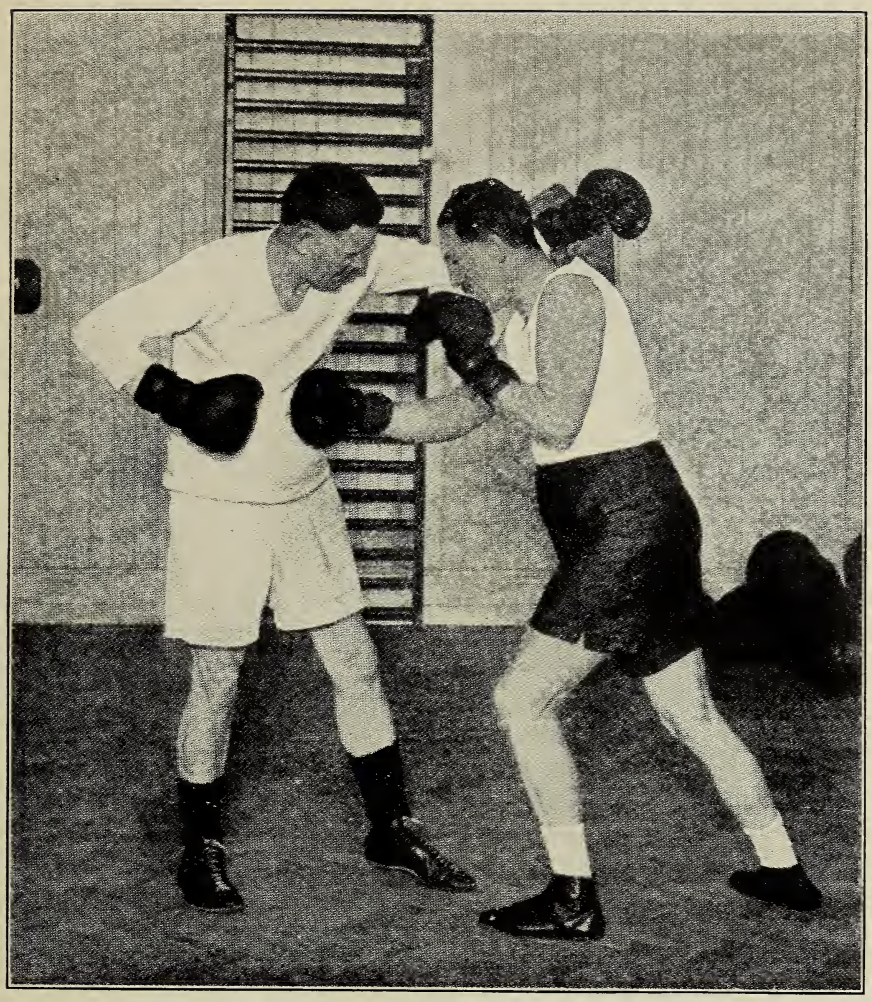


PLATE 15.—THE AUTHOR SPARRING IN THE GYMNASIUM.

[*To face p.* 118.

so impressed with the Etonians I had met that I acceded to this gladly, and arranged for it to be held at the annual assault-at-arms on St. Andrew's Day, 1929. Thinking it an appropriate day upon which to kill a Scotsman, I boxed with Sergeant Steele, of the Scots Guards, late Brigade of Guards Mid-weight Champion, 1924. Few can appreciate the joy it gave me to box before such a splendid audience, and I felt, as I had felt at Harrow, that it was a signal honour to be invited. When in the ring it was most stimulating to sense the delight of the boys at seeing a blind man able to get so much joy in the ring, and to take as well as give a good punch. On this occasion the great physician and diagnostician, Dr. Byam, who so keenly interests himself in the psychology and training of the blind, came down specially to Eton to see me box.

Before this visit a few Etonians had come to me for treatment in London, but as their regular attendance proved difficult during the term, I had been endeavouring to arrange for a treatment room at Windsor one afternoon a week, where I could treat these boys with less interference to their studies. After my boxing display I was delighted to get a letter from the college authorities offering me a room at Eton itself, in which I could treat any boys I had as patients—one of the most pleasant things that has happened during my professional career.

## CHAPTER XII

## ON KEEPING FIT

Up to a certain point our wills can dictate to our bodies, as can be proved by some remarkable instances. It is related, for instance, that when Sarah, the famous Duchess of Marlborough, during an illness proved refractory, her physician said to her : " Either you take this pill or die." " I will do neither," she replied ; " I will neither take the pills nor will I die." And she was as good as her word.

Much of human illness is due to discordance in mental environment—grief, and so forth, and also to that mental disturbance known as " temper." Dr. Harry Campbell says : " We should have fewer disorders of the mind if we could acquire more power of volition, and endeavour, by our energy, to disperse the clouds which occasionally arise within our horizon : if we resolutely tore the first threads of the net which gloom and ill-humour may cast around us, and made an effort to drive away the melancholy images of the imagination by incessant occupation."

Dr. Campbell refers to " disorders of the mind," but the words quoted are applicable to disorders of the body also, because mind and body are so closely allied. All cognisant of the causes of ill-health know that nothing fills the fashionable nerve specialist's waiting-room so much as worry and idleness. Dearden, in his " Science of Happiness," says : " From the point of view of acquiring peace of mind and an absence of worry, it cannot be too strongly insisted that it does not matter really what you do, as long as you do something." We may not be able to change our temperaments—which may be a handicap or a help to us—but we can harness them and

allow our wills to direct them, and so make the best of them. Also we may not be able to help a fear or a worry—circumstances may and do cause disappointment and grief—but one can save oneself from the effects of a bottled-up force of fear and worry, or, in other words, from the effects of brooding over one's troubles, by directing one's emotional or mental forces into another channel, and so converting the force of fear or worry into some useful activity.

The mind has great power, but at the same time we are not like the lilies of the field, able to bloom without taking thought. No will in the world can save us if we do not take ordinary care of our bodies—if we are dirty, ill-nourished or indulge in excesses of any kind. If we wish for fitness, we must first pay attention to our diet. Here there are dangers, owing to the number of faddists, rabid vegetarians, and others, who dogmatically prescribe what must be avoided, or what shall be eaten, until those who try to follow their teachings find life a burden. Personally, I always impress upon patients suffering from indigestion that it is not how much, or how little, food they eat, but the character of the food that matters. This is particularly necessary in the case of those unfortunate persons, so often the subject of ribald jest, who are over-fat. There is nothing funny about this condition, far from it, because it is probably a disease, and sometimes a serious one, for it indicates that vital energy is being extravagantly wasted in a hopeless endeavour to deal with this deposit of adipose tissue and the food which helps to form it. The system attempts to throw off this excess of waste tissue, which usually collects round the region of the lungs and heart, and as a result the individual expends vital energy and reduces his power of resistance against disease. There is no patient the surgeon likes less to operate on than the fat person, for these unfortunates have not the good powers of recuperation given those in a normal state of health.

Obesity is due to irregularity, or lack of equilibrium, in

the chemical action in the blood, so that the metabolism becomes, at first slightly and then totally, disorganised. To attempt to put this condition right by the aid of Turkish baths, by exercise, or by starvation is of little value. What is primarily necessary is the readjustment of the nerve and blood supply to the digestive organs, with, at the same time, proper regulation of the patient's diet. Then, when Nature has started to respond, it is time for the patient to start a course of trunk exercises, to be carried out every morning at home. The regulation of diet in such cases is of extreme importance. In fact, when one realises how artificial most food is to-day, and how unnaturally many of us live, the question of food and the manner of its consumption becomes all-important. This does not mean that fads should be adopted or crank ideas allowed to upset the ordinary routine of eating, but that commonsense should be applied to the business of body nutrition. There are, however, certain things to avoid if the digestive organs are not functioning properly. Too much starchy food, for example, is detrimental, and instead of white bread and white sugar, brown or wholemeal bread and brown sugar would be more beneficial, for the latter are more natural foodstuffs, not yet deprived of the nutritious elements Nature has provided.

Plenty of vegetables, and particularly salads, should be eaten daily in order to ensure that the necessary alkaline salts for the blood may be present in the diet. The vegetables should not be boiled, nor should the water in which they have been cooked be thrown away, for the water extracts the nourishment. Vegetables should, on the contrary, be cooked *en casserole*, when all their invaluable salts will be retained for consumption. Meat twice a day is unnecessary, and one meat meal daily is sufficient for the majority of people. When meat is eaten, bread should be avoided, as the starch of the bread does not readily combine with the acid content in the meat. Fresh fruit should be eaten the first thing in the morning on waking, and if this is done the blood will get the full benefit of the

salts contained in the fruit, whereas if the latter is eaten after lunch or dinner, on the top of much other food, much of its nourishment will be wasted. Another excellent time to eat fruit is in the middle of the afternoon, when it can be taken instead of tea. Tinned food of any kind should be avoided wherever possible. Potatoes are best baked and the skin eaten as well, as it is this which contains the organic iodine.

The regular observance of a few simple rules like these will be of the utmost value to general health, and there can be no excuse for not carrying them out, for they are easy and pleasant and can be adhered to without a third person being any the wiser.

A certain old north country gentleman, the father of a family, used to preface repasts with this peculiar grace : " We all eat too much and too fast, and meat makes boys ferocious."

Now, though the quantity of meat necessary for the welfare of boys may be a debatable point, there can be no question whatever as regards the impropriety of bolting food. Far too much food is simply bolted, and those who have acquired this habit through thoughtlessness should apply to themselves the counsel contained in the following lines :

> " Eat slowly ; only men in rags
> And gluttons old in sin,
> Mistake themselves for carpet bags
> And tumble victuals in."

Combine this carefulness with regard to diet and manner of eating with regular exercise, and the worker will quickly note improvement. If, in the evening, he will do a ten or fifteen minutes' trunk exercise, with a bath afterwards, the mental and physical fatigue of the day's work will disappear, and the exertion will prove conducive to sound and healthy sleep. In my own experience I have found in these habits one of the greatest assets in my life, but that it is wise to vary the exercise in order to avoid boredom. The harder the brain works in business the

more essential it is to give the body hard exercise, as in so doing the brain gets relaxation and the circulation of the whole system is increased, while the deposits from the brain are drained away.

The morning exercise before breakfast also is excellent, but when making this a habit it should not be forgotten that the ten to fifteen minutes after work is done is equally important to well-being. Much irritability and worry would disappear if business men would only recognise these simple rules and act upon them. So many cases of this kind in both men and women are entirely due to congestion in some way or other, which a little reasonable attention to food and regular exercise would soon dissipate.

As one becomes older the mind and body may still be kept young if the same attention is paid to the body as is given to the engine of a motor car—in which it is recognised that regular overhaul and adjustment of wearing parts is essential to good steady work. So with the human machine, care with regard to food and sufficient exercise to bring complete relaxation to brain and body will keep the skin so active and healthy that that great danger to later life—high blood pressure—will not exist.

With regard to both old and middle age, neither need be the dreaded season it is to some, especially to women. There is a saying that no rose is more exquisite than the rose of autumn, but this pretty saying is not applicable to the discontented, lazy, overblown elderly men and women one so often sees, victims of their own faults. But it does apply to the happy, healthy, useful men and women to whom experience has brought knowledge and gifts that youth lacked. Unquestionably, physical well-being becomes of far greater importance with advancing years if good looks, social charm and sound nerves are to be preserved, and surely few can desire to fade into dullness if this can be prevented. Without fussing over themselves, the middle-aged as well as the young can keep fit by following the simple rules I have indicated in this

book, rules the following of which will bring great health and happiness. For sunlight, fresh air, pure water and muscular exercises do more to ward off disease than all the germicides in a chemist's shop. Exercise is not only the restorer but the upholder of health, for "The Kingdom of Health" is no less surely within us than is the Kingdom of Heaven. To fight against disease, keep both body and mind fit, and do not fear germs or resort to too many antiseptics as a preventive, for the body possesses its own natural powers of protection providing it is kept healthy. As Dr. Leonard Williams has said :

"The 'atmosphere' counts for a good deal. If a man is constantly encouraged to believe himself in good health and is incited to pursue the usual practice of the healthy in a moderate measure, he will surely remain healthy. If, on the other hand, he is invited to dwell upon his disabilities and give way to them, he will do so all too easily, in an ever-increasing measure. The man who decides to 'live hard' to the very end, pushes that end in front of him as he goes. Plato's profound saying that 'attention to health is the greatest hindrance to life' should take the place of the text 'Love one another' over every bedroom mantel-piece."

Although I have recommended a certain amount of carefulness, it is with this reservation or caution : Beware of that dreadful saying only too prevalent among women —"I must take care of myself," which brings with it the danger that one may take over-care and render oneself an object not worth the care taken.

All clothing should be loose, particularly that about the neck, and whatever divergence of opinion may exist as to the relative values of wool and cotton, do not over-clothe at any season, or wear heavy articles of dress.

Remember that there is no such thing as being too old to take exercise. One constantly hears middle-aged men complaining of stiff muscles after unaccustomed exercise : a faulty term for what are actually tense or weak muscles. Muscular degeneracy in the region of the waist steals the

health of the middle-aged, a condition entirely opposed to the dictates of Nature, but one which such a large percentage of men consider fitting and unpreventable in middle age, forgetting that we become older or younger according to these muscles. Regular lymph flow also is largely dependent on muscular activity, and is essential to health. Abdominal exercises and others for loosening the muscles of the spine and keeping all parts of the body supple, as well as deep breathing exercises, should be practised daily.

For the restoration of a lax and protuberant stomach mere exercises will not suffice. Before such a condition arising, however, there are exercises which prove useful as a preventive measure. For instance, the following are quite good :

Lie on your back on the floor, and slowly lift the legs, straightened at the knee, until they are at right angles with the trunk. Then slowly lower the legs, keeping them still straight at the knee.

Lie on the floor with your arms above your head, with your feet beneath the open drawer of a chest of drawers : raise yourself gradually, not jerkily, into the sitting position. Perform these exercises deliberately with the full consciousness that certain muscular groups are being exercised.

There is another very good exercise. You will notice that the muscles at the back of the knees tend to get stiff, especially if a good deal of your work has to be done sitting down. Stand up with feet straight, and a trifle apart, and lift your arms high above your head. Then swing the arms slowly right down to the ground so that the palms of your hands rest on the ground close to the toes. The position should be as shown in the illustration opposite. This exercise may be difficult at first, but with a little practice it will become quite easy.

Lung culture is most important. Deep breathing, among other beneficial effects, will help to induce sleep. It also helps towards that calm of mind which in this age

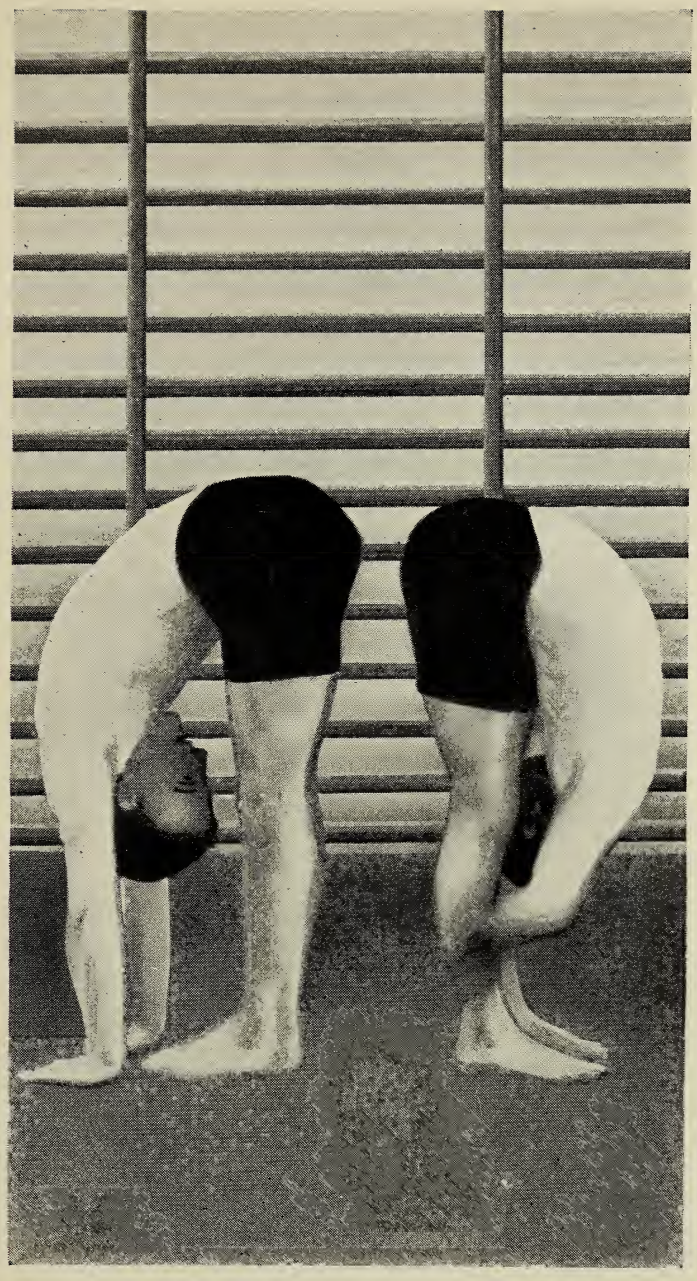


PLATE 16.—A USEFUL EXERCISE.

[*To face p.* 126.

is becoming more and more difficult to attain. Learn a few good breathing exercises and practise them daily.

Then, if you can sing, do so by all means. Of singing, Dr. Harry Campbell states in his "Respiratory Exercises":

"From the medical standpoint, singing is a most important exercise, both by virtue of its influence on the emotions, on the respiratory movements, and on the development of the lungs. Nothing better shows the beneficial effect of singing in developing the chest and warding off lung disease than the great pulmonary development and freedom from pulmonary disease among professional singers. Their general health is, moreover, exceptionally good, and this is probably in large measure attributable to the mere exercise of their calling. Such therapeutic importance do I attach to singing that I recommend it whenever opportunity affords. It is especially useful in defective chest development and in chronic heart disease.

"The invigorating effect of singing is well shown by the following extract from a daily paper: 'The Artists (Volunteers) have a collection of marching choruses which are peculiarly their own, and from long practice they are able to get every ounce of effect out of them. Their system of singing is one which helps many men to keep going when they have no band to back them up, and it is astonishing to see the change in the bearing of the men when, perhaps towards the end of the day, and they are a bit done, someone strikes up a song with a rousing chorus. The lagging steps become more elastic, backs straighten up and with a soldierly swing the men go on and forget for the while that they have a blistered heel or an uncomfortably heavy equipment.'"

I can testify to the value of singing from personal experience. Before the War I studied singing at the Conservatoire at Brussels, but the master gave me up as having no ear for music, with the result that I accepted his decision and gave up singing entirely.

In 1929 a friend challenged this opinion and induced me to take singing lessons again, knowing what a fine hobby for a blind man singing would be, and I was fortunate indeed in being instructed by Madame Blanche Marchesi, who placed my voice for me, and said that I

now had an excellent ear. This gift must certainly have come to me after I was blinded, and now singing forms one of the greatest joys of my life and I practise daily without interfering with my work. Apart from the pleasure it gives me, I find that singing has helped my whole character, and that it is the finest antidote for depression and irritability. Nothing is so great a relaxation as singing, for it forms one of the greatest nerve sedatives for anyone whose work involves tension and demands patience.

I have spoken of exercises and of relaxation, both in their time and season most important, but as a last word I would emphasise the fact that the mind cannot do its best if kept running continuously. To rest, to relax, to take time off, is not waste of time, but is in the end a saving of time. Those who waste time are the frantic, flustered people who are always in a hurry, who cannot wait a minute. These are the people who break down. People differ greatly as to the amount of sleep they require. Do not starve yourself of your requisite amount, for lack of sleep is more fatal often than lack of food, and to sleep less than one should is to court nervous over-strain.

Perfect freedom in all parts of the body is necessary for perfect health, and it is this freedom that is the object of all manipulative treatment—the setting free of all that clogs or hinders the body's activity.

To me, "The Real Key to Health and Happiness" has been the regular readjustment of the body, so that it can work in harmony one part with another; and so I have been able to satisfy an insatiable desire for work and knowledge and at the same time take all possible exercise. With hard work interposed with riding, boxing, running, gymnastics, swimming, yachting, dancing, or bridge, I am able to enjoy life to the full and to feel the joy of life, which can only be possessed by those in perfect health.

## CHAPTER XIII

## THE SCIENCE OF HEALTH

In previous chapters I have endeavoured to show how it is possible for a man or woman handicapped by blindness, or any other affliction which does not mean complete prostration, to do useful and honourable work in the world.

If at times I have indulged in describing my own achievements in regard to sport and osteopathic work, it has been due to a desire to prove my contention that blindness need be no handicap to a full life. Also, I have endeavoured to show how essential to health and forgetfulness of self is physical and mental fitness, neither of which can be obtained if a sluggish mind is allowed to remain in a sluggish body. If I stress this again, it is because of the vast experience I have had during the past few years in repairing damage done through folly of this nature, for many hundreds of cases have passed through my hands whose physical disabilities have been almost entirely produced by " giving-in " to a feeling of lassitude often produced by an ill-conditioned liver which required less food and more exercise.

It is a significant fact that in civilised man the salutation of meeting one another is : " How are you ? "—significant because it indicates a general impression that a state of ill-health is essential, a part of the human lot on earth. Nature never intended that this should be so ; and when one visits the more primitive peoples of the world one finds that this anxiety after each other's health is entirely non-existent : for the savage in the jungle lives a life almost entirely free from the diseases, aches and pains, neurasthenia, rheumatics, appendicitis, sciatica, and

nervous irritability, which to-day appear to be the lot of fully 75 per cent. of our civilised population. It is this tolerance of partial ill-health that makes so many accept it as inevitable and, when it comes, to give up trying to recover and to go on sliding down the unpleasant path that leads to chronic disease. Had Nature intended ill-health to be an essential part of human life, the savage would be the first to suffer, for his meal-times are irregular, his food often of exceedingly bad quality, his water supply usually suspicious, and he is brought up in infancy exposed to every kind of biting insect. That, on the other hand, the savage remains the fittest specimen of humanity the world can show is attributable to the fact that plenty of fresh air and the hard exercise which hunting for his food devolves upon him counteract the effect of the remaining conditions, and enable him to digest whatever he eats and to keep his blood supply pumping vigorously throughout his entire system.

Civilisation, on the other hand, with its over-heated rooms, its super-abundance of rich food, its alcohol and nicotine, luxurious motor cars and other means of avoiding exercise of any description, demands a heavy toll from those who succumb to its charms, for the price of physical slackness is exacting and cannot be avoided. Were this better understood by the great majority of mankind our hospitals would be half empty, and the doctors' and the osteopaths' work very considerably lightened.

In a sense, therefore, I have written this book against my own interests, but I have felt inspired to do so by the many painful cases I am called upon to treat daily for ailments which could quite easily have been prevented had they been taken in hand in time. That " one man's meat is another man's poison " is an old adage, and those to whom the temptations of luxurious living appeal strongly are always tempted to say to themselves that they know someone who lived to a great age free from any disturbance or disease, although he or she did entirely

without exercise. They forget that there are exceptions to every rule, and that such a fortunate person has been given not only an exceptional constitution, but also a unique circulation, and that for the majority to attempt to copy such a human " slug " is tantamount to suicide.

Eight hours' sleep, eight hours' work, and eight hours' play was formerly the accepted rule for a healthy life ; and there is unquestionably much to be said for it. For work is essential to mental fitness, and the latter is equally essential to good physical health. But work itself, of a nature which taxes the brain, requires spells of recreation in order to permit the brain to work at full capacity. For just as a motor engine deprived of petrol stops, so the best brain in the world stinted of its supply of pure blood must necessarily work with diminished power. Sleep is the great restorative, but healthy exercise, in my own opinion, is the most important of the three great essentials for physical fitness. For with healthy exercise and pleasant work sleep comes as a natural refreshment, instead of—as with most brain workers—a time of fitful slumber and disturbing dreams.

Take, for example, the large number of suicides, or of people we hear of nightly on the wireless who are missing from their homes and thought to have lost their memory. I am perfectly convinced that, in the former cases, two-thirds at least would be found to be victims, not of mental disturbance occasioned by a deficient brain, but of an anxiety produced by an unhealthy liver occasioned by alcohol or drugs. In the latter cases the so-called loss of memory is most often the effect of worry which has so paralysed the nervous system that the proper blood supply to the brain has failed, with the result that the brain itself loses much of its power until the unhappy victim bolts into the blue in an endeavour to escape from his relations or friends before he completely goes off his head—an entirely imaginary fear due to causes which hard exercise would have prevented.

Most of us are able to remember seeing in our youth

the old gentlemen suffering from gout, with swollen legs and feet raised upon cushions or chairs and with tempers aggravated to a pitch of utter fiendishness. In those days it was almost an accepted fact that most gentlemen of full living had gout shortly after reaching middle age. Where are the gout subjects of to-day ? It is a rare thing to find anyone suffering from gout to such a degree, and this improvement has been brought about almost entirely by the better understanding of diet and the greater moderation in regard to the drinking of large quantities of acid-forming wines.

There are other diseases also which the medical profession has grappled firmly with, and almost entirely got rid of ; and there can be no question but that the whole principle of healing to-day is not only to control the effect, but to ascertain the cause and to remove it.

I am sanguine enough to think that the time will come when rheumatism, with its many different forms of aches and pains, malformations and distressing injuries, will become a thing of the past ; and I am equally clear that the appendix, tonsils and teeth will stand a better chance of remaining within the person of most people than to-day is possible. Gall-stones and other internal growths, and even—dread word—cancer, will, I feel confident, also steadily decline as the general public commences to better understand the requirements for health.

What are these ? I have tried to point out in the foregoing chapters, but I will sum these up in two phrases—a healthy circulation and perfect physical machinery.

The great majority of bodies born into this world enter it possessed of both these essentials, and there is no reason why, if the stresses and strains which to-day fall to the lot of most are periodically dealt with by a skilled osteopath, such perfection should not continue until old age ; and in my opinion 100 years of age is what Nature intended us to live to.

That I have placed osteopathy as a factor in these essentials is not because I am an osteopath myself, but

because I know no other form of treatment which concentrates as much as osteopathy does upon the machinery of the body ; and also because my own experience has been that there are few ills which cannot be cured by osteopathy provided they are taken in time. It is for this reason that I have cited several of my cases ; for it has been my good fortune to have been successful in completely curing cases of both men and women whom I have found completely prostrate in bed, unable either to eat or to stand erect, and given up as chronic invalids, and yet have restored them to complete health within a few weeks of osteopathic treatment.

Surely this is sufficient proof of its value, and it will be understood how deeply I appreciate the work which a Divine Providence has placed in the hands of a blind man.

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